

English Muffins

Adapted from *The Breakfast Book*

Yield: 16 muffins

1/2 cup warm water
1 package yeast
1 1/2 tsp. salt
1 tbsp. sugar
1 cup milk, warmed
3 1/2 cups flour
3 tbsp. oil
1/2 cup cornmeal

Pour the water into a large bowl, sprinkle the yeast over, and stir. Let stand for 5 minutes to dissolve. Stir in the salt, sugar, warm milk, 2 cups flour, and the oil. Stir briskly with a spoon for a minute to mix well. Add the remaining flour and stir to blend smoothly. This dough will be very soft. Cover and let the dough double in bulk - about an hour.

Flour a board and your hands. Put the dough on the board, and add a little flour if it is too sticky to manage. Knead the dough three or four times. Pat and push the dough out so it is about 1/4 inch thick. Using a 3 inch ring as a cutter, cut the dough out and place the muffins 1 inch apart on a baking sheet that has been sprinkled with cornmeal. When the muffins are all cut, cover them lightly with a towel and let them rest for 30 minutes.

Heat a griddle until medium hot and spray with cooking spray. Spray the inside of the rings and place on the griddle. Put the muffins in the rings and cook for about 10 minutes on one side and 5 minutes on the other. Watch closely and lower heat as needed.

Before serving, split the muffins in half with a fork and toast. Butter generously and serve warm.

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