

English Muffin Bread

Based on the recipe from Brown Eyed Baker

Ingredients

3 cups flour
1 Tablespoon sugar
1 1/2 teaspoons salt
1/4 teaspoon baking soda
1 Tablespoon instant yeast
1 cup milk
1/4 cup water
2 Tablespoons olive oil
Cornmeal, for sprinkling in pan

In a large bowl or the bowl of a stand mixer, whisk together the flour, sugar, salt, baking soda and yeast.

In a large measuring cup or microwave-safe bowl, milk milk, water and oil. Heat in microwave to between 120 and 130 degrees F. (*Note: This was about 2-2 1/2 minutes at high power in 30-45 second increments for me.*) Be sure to stir the liquid before measuring the temperature to ensure no hot or cold spots. (*Note: If you don't have a thermometer, the liquid will be hotter than lukewarm, but not so hot you couldn't touch it for more than a few seconds.*)

Pour the hot liquid over the flour mixture and beat at high speed for 1 minute (or stir, working quickly, to combine). The resulting dough will be very soft.

Lightly grease an 8 x 4 inch loaf pan and sprinkle the bottom and sides with cornmeal. Transfer the soft dough into the loaf pan and level it as much as possible.

Spray a piece of plastic wrap with cooking spray and cover dough. Let rise until it just barely crowns over the rim of the pan, not more than 1/4 inch over the edge of the pan, about 45 minutes to 1 hour.

When dough has risen, remove plastic wrap and bake at 400 degrees F for 22-27 minutes, until golden brown.

Remove from oven and let cool in pan on wire rack for 5 minutes. Then remove from pan to wire rack and allow to cool completely before slicing.

Makes 1 loaf.

