

Sourdough English Muffins

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Recipe adapted from Heartbeet Kitchen

Using a 3 inch cutter you can get approximately 15-17 muffins. That is what I based the points on.

My Personal Points: If you are a USA WW Member, Click on this link to get your points:

<https://cmx.weightwatchers.com/details/MEMBERRECIPE:623f016cdd93e4a69c5fbb8>

- 75 grams active sourdough starter
- 15 grams sugar
- 220 grams 1% milk
- 135 grams water
- 3 Tbsp butter
- 9 grams fine sea salt
- 500 grams all purpose flour
- cornmeal for dusting baking sheets

1. In the bowl of your stand mixer, add starter and sugar.
2. Add milk, water, and butter to a bowl. Microwave about a minute, until butter is just melted. Let cool for 5 minutes, you don't want it to be too hot. The temp should be 110-115F
3. Add liquid mixture to bowl, and whisk with a fork to combine and disperse the starter.

4. Add flour and salt. Put dough hook on mixer, and start on low, speed 2 on kitchenaid mixer to incorporate flour, about one minute. Then turn to medium, speed 4 on a Kitchenaid, for 8 minutes. When finished, the dough will very wet. This is normal. Take a spatula and scrape the edges of the dough up onto itself, to round it out.
5. Let dough bulk ferment. This will take about 8-10 hours if your house is at 70 degrees. (So you could do this overnight while you sleep). Bulk ferment is complete when the dough has at least doubled, and is puffy and domed on the top. It should look pillowy and domed.
6. Dust your work surface with flour, and grab underneath the dough to take it out of the bowl and onto the surface. Let rest for 15 minutes. Pat into a 3/4 inch high circle or rectangle. Dust the top of muffins with flour. Using a 3 inch cookie cutter or jar cut out circles, and move them onto a parchment lined baking sheet dusted with cornmeal. They will stick if you do not do this.
7. Cover pan with a very light towel, and let rise again for about 1 to 1 1/2 hours, until your english muffins are puffy. They will not rise a ton. It's the puffiness you're going for.
8. Heat griddle or cast iron skillet to medium low. They'll now puff when they cook! Leave undisturbed, cooking english muffins for about 7 minutes on each side, until internal temperature reaches 200 degrees F. You may have to adjust the heat during cooking. Keep an eye on them!
9. Remove to a wire rack to cool. Using a fork, "cut" them in half – a knife will smash all the nooks and crannies! Toast and enjoy or freeze for later use. They do not keep long in the pantry as there are no preservatives in them.

Bread

english muffins, sourdough