

English Muffin Bread

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This recipe is from restlesschipotle.com

Makes 2 loaves, Slice each loaf into 10 slices

4 points per loaf on all 3 plans

- 5 1/2 cups all purpose flour
- 2 Tbsp yeast
- 1 Tbsp honey
- 1/4 cup warm water (115 degrees F)
- 2 tsp kosher salt
- 1/4 tsp baking powder
- 2 1/4 cups warm 1 % milk
- non stick spray and cornmeal for greasing and dusting

1. In a large mixing bowl, mix the yeast, honey and water. Set aside and let proof for 5 minutes
2. In a medium mixing bowl, mix the flour, salt and baking powder
3. Add the milk and one cup of the flour mixture to the yeast mixture
4. Blend well.
5. Add the remaining flour to the yeast mixture and beat well (by hand if possible)

6. You should have a soft, goopy dough.
7. Spoon the dough into 2 9×6 loaf pans or 3 4.5x8x5 loaf pans that have been sprayed with non stick spray and dusted with corn meal.
8. Set aside in a warm place until the batter has doubled or is at or just above the top of the pans – about 30-45 minutes.
9. Preheat the oven to 425
10. Dust the tops of the loaves with cornmeal and bake for 15 minutes or so. The loaf will sound hollow when tapped. If you want a crispier, more golden crust, bake for 18-20 minutes.
11. Cool and slice – try to be patient and let it cool! To serve, toast and serve with butter and jam