English Muffin Bread

English Muffin Bread



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
- 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