

Quick Sourdough English Muffins

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- 2/3 cup milk
 - 1 Tbsp sugar
 - 2 Tbsp butter
 - 1 cup sourdough starter mature
 - 1 tsp instant yeast
 - 2 cups all-purpose flour
 - 1/2 tsp kosher salt
 - Cornmeal for dusting
1. Heat milk to 115F. Add the sugar and stir to dissolve. Add the butter and stir until melted. Transfer to a large mixing bowl.
 2. Stir in the sourdough starter. Sprinkle instant yeast and stir.
 3. Add one cup of flour and the salt, and mix thoroughly.
 4. Add another cup of flour and mix by hand. The dough should be slightly sticky.
 5. Turn the dough in a lightly floured work surface. Roll out 1/2" thick and cut into 3" circles. Collect the cut-offs, re-roll and cut.

6. Transfer to a baking sheet dusted with cornmeal. Turn each muffin in cornmeal.
7. Cover and let rise for 1 hour or until the muffins double in size.
8. Preheat a skillet or a griddle to medium-low heat. Cast iron is best. Cook for about about 5-8 minutes per side or until the muffins are cooked through. I find they cook better if you cover the pan with a lid after you flip them.
9. Remove, split and toast. Leftover muffins can be frozen for later. Just thaw them and toast before consuming.

Bread, Breakfast

Bread