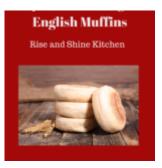
Quick Sourdough English Muffins

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- 2/3 cup milk
- I Tbsp sugar
- 2 Tbsp butter
- 1 cup sourdough starter mature
- I tsp instant yeast
- 2 cups all-purpose flour
- 1/2 tsp kosher salt
- Cornmeal for dusting
- Heat milk to 115F. Add the sugar and stir to dissolve. Add the butter and stir until melted. Transfer to a large mixing bowl.
- Stir in the sourdough starter. Sprinkle instant yeast and stir.
- 3. Add one cup of flour and the salt, and mix thoroughly.
- 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 cutoffs, re-roll and cut.

- 6. Transfer to a baking sheet dusted with cornmeal. Turn each miffing in cornmeal.
- 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