

Homemade English Muffins

By: Alessandra Ciuffo

Yields about 14 muffins

Ingredients:

- 3/4 cup milk
- 1/2 water
- 2 tbsp honey
- 7 g (1 packet) dry active yeast
- 330 g (2 3/4 cup) AP flour
- 1 tsp salt
- 1 egg
- 3 tbsp butter
- 1/2 cup Semolina flour, for dusting and coating pan

Steps:

Prepare the dough

1. In a glass measuring cup or microwave-safe bowl, combine the milk, water, and honey. Microwave (for 45 seconds) or heat up on the stove until it reaches a temp of 110-115 F. Add the yeast, mix well to combine, and set aside for 5 minutes. Once the yeast milk mixture is active and foamy, add the egg and melted butter. Stir well.
2. Grab a large bowl and combine the flour and salt. Begin slowly pouring in the milk mixture while stirring the flour to form a wet dough. Mix the dough for about 5 minutes until it becomes smooth and lump-free. The dough should be loose but connected and stretchy when lifted.
3. Grease a medium-sized bowl with nonstick spray, then add the dough. Cover with plastic wrap and leave in a warm counter spot for about an hour, or until it has doubled in size.

Shape the dough

1. Prepare a sheet tray with parchment, a tbsp of flour, and 2 tbsp semolina flour. Flour your work surface and then release air from the dough and transfer it onto the surface. The dough will be wet, so make you flour your hands and begin carefully rolling it and lightly kneading until it is no longer wet on the exterior.
2. Carefully roll the dough out until it is 1 inch thick. Use a circular cutter or round glass to begin cutting out the muffins (mine was about 3.5 inch wide.) Bring the scraps together to continue forming muffins. Carefully transfer onto the sheet tray and cover with a towel for a second proof of around 25-30 minutes.

Cook the muffins

1. Bring a cast iron or hybrid pan to the stove over low heat. Once you feel the heat with your hands hovering, sprinkle some semolina flour and then carefully transfer as many muffins as fit the pan without touching. Cover with a lid and cook for 5-8 minutes or until golden brown on the bottom. Flip, cover, and cook for another 6 minutes.
2. Transfer the finished muffins onto a wire rack to cool. After a few minutes dig in and enjoy!! I recommend using a fork to pierce the sides before pulling it in half to maintain all those nooks and crannies. Warm muffins are great as is or toasted to a crisp and slathered with butter and jam...or even a breakfast sandwich!!

ENJOY!!