



## **English Muffins**

(inspired by a formula in Peter Reinhart's The Breakmaker's Apprentice)

- 600g (4½ cups) bakers or bread flour
- 15g (1 tablespoon) white sugar
- 10g (1¼ teaspoons) fine sea salt
- 10g (2½ teaspoons) instant yeast
- 30g (2 tablespoons) unsalted butter, at room temperature
- 340g - 455g (12 - 16oz) milk, at room temperature
- cornmeal for dusting

1. In a large mixing bowl, whisk together the flour, sugar, salt and yeast. Rub the butter into the flour mix until it's well incorporated.

2. Add the milk and mix together, first with a spatula and then with a clean hand, scrunching the mix together to form a shaggy dough. Scrape off your hand, then cover the dough with a tea towel and allow it to rest for 10 minutes (this will make kneading *much* easier).

3. Turn the dough onto a lightly oiled bench and knead until smooth. Oil the scraped out mixing bowl, then return the dough to it, cover and allow it to rise for an hour, or until doubled in size.

4. Line the bench with a large sheet of parchment paper. Spray lightly with oil, then dust with cornmeal.

5. Knock back the risen dough and divide it into 12 x 3oz/85g pieces, then shape each piece into a tight ball. Place these, seam side down, on the parchment paper, allowing room for spreading. Lightly mist the tops of the balls with oil spray, then sprinkle on more cornmeal. Cover loosely and allow to rise for a further hour. Preheat oven to 175C (350F) with fan.

6. Heat a heavy based frypan over medium heat - we used nonstick. Using a spatula, gently transfer the risen muffin dough in the pan, keeping the remaining dough covered to prevent it from forming a skin. Cook for 5 - 8 minutes on each side, or until the dough can't go any browner without burning.

7. Transfer the browned muffins to a tray lined with parchment and finish them by baking in the oven for an additional 5 - 8 minutes. Repeat with the remaining muffin dough.