

Sourdough English Muffins

Rating (01-10): 08

Hours to prepare: 24

Leaven type: Sourdough Starter

Recipe Source: 'Artisan Sourdough Made Simple' (Author: Emilie Raffa) – p.115

Bread Volume: Makes 10-12 English Muffins

of Times Baked: 1

Last Time Baked: March 13, 2022



Special Notes:

This is a surprisingly easy process. If you mix the dough during day one and place it in the refrigerator overnight, you can bake bagels the next morning to have for either breakfast or lunch.

It is important to have balanced heat – if too hot, the muffins will brown too quickly and leave the center undercooked – if this happens, finish baking the muffins in low-heat oven (~250°F)

Special Tools:

- Sheet pan
- Parchment paper
- Non-stick skillet

Ingredients:

<u>INGREDIENT</u>	<u>QUANTITY</u>
Water (80°F)	120g
Milk (whole or 2%)	245g
Butter (cubed, unsalted)	56g
Leaven	75g
Sugar	24g
All Purpose Flour	500g
Salt	9g
Cornmeal (for dusting)	---

Could use semolina flour instead of cornmeal

Directions - Prep:

Ensure that the sourdough starter has been removed from the refrigerator and has been fed enough times to ensure it is rising and falling in a predictable manner.

Directions – Day Before Baking:

Sometime in the late morning or very early afternoon, start the process of preparing the dough:

MIX

- In a small saucepan, warm the milk, water, and butter together over low heat
- Cool slightly before adding to other ingredients
- In a large bowl, add the starter & sugar
- Slowly pour warm milk mixture over starter/sugar, whisking to combine
- Add the flour & salt and mix thoroughly with a fork – finish mixing by hand
- Cover with a damp towel and let rest for 30 minutes

BULK RISE

- Work dough into a semi-smooth ball (20 seconds)
- Cover with damp towel & let rise until doubled in size (8-10 hours at 70°F)
- Cover with oiled plastic wrap and place in refrigerator overnight

Directions – Baking Day:

Early in the morning, prepare for baking the English Muffins:

SHAPE

- Remove cold dough onto a floured surface & let it rest for 10 minutes
- Line a sheet pan with parchment paper & cover generously with cornmeal
- With floured hands, press dough into a ½” thick oval shape
- Using the rim of an ~3” wide glass, cut out 10-12 rounds
- Place rounds on sheet pan and sprinkle tops with cornmeal

SECOND RISE

- Cover with damp towel and let rest 1 hour (until slightly puffy)

COOK

- Warm a large non-stick skillet over low heat (I used a ‘4’ out of ‘10’ setting on our electric stove)
- Place a few rounds on skillet & cook for ~8-10 minutes (until bottom is nicely browned) – move around for even browning
- Flip muffins over & cook for an additional ~8-10 minutes (until other side is nicely browned) – move around for even browning
- Transfer cooked muffins to wire rack to cool
- Repeat above ‘Cook’ steps for remaining muffins