

## English Muffins

3 cups Bread Flour  
2 ¼ tsp (one package) instant yeast  
1 tsp salt  
1 tbsp granulated sugar  
¾ cup whole milk  
½ cup water  
1 tbsp butter, melted & slightly cooled  
1 egg, room temperature  
Cornmeal for dusting

### Directions

1. Combine the milk, water, and sugar in a glass measuring cup. Stir together and warm in microwave to 115° F. Add the yeast and stir. Set aside for 5 minutes to let the yeast wake up and become foamy.
2. While waiting for the yeast, whisk the flour and salt together in the bowl of a stand mixer. Attach the paddle attachment to the mixer.
3. Lightly beat the egg with the melted butter and add to the yeast mixture. Stir the mixture together.
4. With the mixer on low, slowly add the yeast mixture to the flour. Beat to combine. Scrape the sides of the bowl down and turn the mixer to medium high. Beat for about 7 minutes until the dough comes together and pulls away from the sides of the bowl. The dough should be soft and a little sticky.
5. Oil or butter the inside of a bowl. Place the dough inside the bowl and flip it over so all sides are coated in oil. Cover with plastic wrap and place the dough in a warm draft free spot in your kitchen allowing the dough to double in size. This will take 1-2 hours.
6. Line a cookie sheet with parchment paper. Sprinkle cornmeal over it and set aside.
7. Prepare the muffin rings (if using) by spraying the inside of the rings with cooking spray and lightly dusting with cornmeal.
8. Punch down the dough to release any air inside. Turn it out onto a lightly floured work surface. Divide the dough into 12 equal pieces and shape into a ball. Place each ball inside a prepared muffin ring (if using) cover lightly with cornmeal and flatten slightly. If not using muffin rings place the dough ball directly on the prepared cookie sheet, cover lightly with cornmeal and flatten the dough slightly.
9. Cover with plastic wrap and let rise until they gain about 50% in size. This takes 30-45 minutes.
10. Prepare a second cookie sheet by covering with parchment paper and preheat oven to 350° F.
11. Lightly grease a skillet with vegetable oil and heat over medium heat.
12. Gently place several pieces of dough on the heated skillet and cook until they are golden brown (about 5 minutes). Before flipping the muffin over, remove the muffin ring, if using, and cook for another 5 minutes. Adjust the heat as necessary to avoid burning the muffins. Also, between batches scrape the skillet using the spatula to move any

remaining cornmeal to the side of the skillet to avoid burning. Transfer the muffins onto a cookie sheet and continue baking in a preheated 350° F oven for 4-5 minutes.

13. Transfer the baked muffins to a cooling rack. Allow to cool if you can resist at this point.

14. Using a fork, split the muffin open. Lightly toast, spread with butter and jam and enjoy!