

SOURDOUGH ENGLISH MUFFINS

RECIPE

PREP TIME: 20 MINUTES COOK TIME: 8 MINUTES

TOTAL TIME: 1 DAY TOTAL TIME: 1 DAY 28 MINUTES

SERVINGS: 10 AUTHOR: [AMY DUSKA](#)



EQUIPMENT

- Mixing Bowl
- [Stand Mixer \(optional\)](#)
- Baking Sheet
- Parchment Paper
- Tea towel
- Non-stick skillet with cover

INGREDIENTS

INGREDIENTS TO MAKE ½ CUP (100 G) OF ACTIVE SOURDOUGH STARTER

- 1 tablespoon (15 g) sourdough starter
- ⅓ cup + 1 tablespoon (50 g) all-purpose flour
- 3 ½ tablespoons (50) water

DOUGH INGREDIENTS

- ½ cup (100 g) [active sourdough starter](#)
- 1 tablespoon (20 g) honey sugar or maple syrup
- 1 cup (240 g) milk
- 3 cups (360 g) all-purpose flour
- 1 teaspoon (5 g) fine sea salt
- ¼ cup (40 g) cornmeal for sprinkling

INSTRUCTIONS

FEED YOUR SOURDOUGH STARTER

1. 12 hours before you plan to mix the dough, **add the ingredients to make ½ cup (100 g) of active sourdough starter to a clean jar**. Stir until combined, loosely cover the jar and let the starter rise at room temperature. *(The ingredients will create a total of 115 g active starter but, because some of it will stick to the sides of the jar during the transfer, we are making a little more than needed.)* The sourdough starter is ready to use when it has doubled in size and there are plenty of bubbles on the surface and sides of the jar.

MAKE THE DOUGH

1. **Add** 100g of the active starter and the rest of the ingredients (**except corn meal**) to a large bowl and **use** your hands to **mix** until well combined. **Cover** and let **rest** 30-60 minutes. **Turn** the dough out onto a floured surface and **knead** the dough by hand for 5 minutes. *(A stand mixer with a dough hook attachment can be used on the lowest speed.)*
2. **Place** the dough back into the bowl, **cover** and let **ferment** on the counter at room temperature 8-12 hours. (Room temperature is 65-70°F)

CUT AND COOK

1. **Turn** the dough out onto a floured surface, **flour** the top of the dough and **press** it out using your fingertips until it is 1" in thickness.
2. **Use** a 3" biscuit cutter to **cut** rounds and **place** them on a parchment lined baking sheet that's been sprinkled with cornmeal. **Sprinkle** the tops with cornmeal, cover with a tea towel and allow to **rise** for 1 hour at room temperature.

3. **Preheat** your non-stick skillet over **LOW** heat. **Place** 4 muffins into the skillet spaced 2" apart, **cover** and **cook** the first side for 4 minutes. **Turn** the muffins over and **cook** for an additional 4 minutes. (When done, the center of a muffin should register about *200°F* on an instant-read thermometer.)

Notes

- Use the **scoop and level technique to measure your flour** if you do not have a kitchen scale. To do this, use a spoon to **fluff** up the **flour** in the bag. Use a spoon to **scoop** the flour into a measuring cup until it is heaped on top. Take a butterknife and **level** off the top. This should give you the most accurate measurement for flour.
- If you live in a very warm or humid environment, you may need to make adjustments in the recipe. I recommend reducing the milk by 30g and using granulated sugar instead of honey to help the dough from being too sticky to work with. Add more liquid if the dough is too stiff.
- Store at room temperature for up to 5 days in a container or freeze for up to 3 months.

Nutrition Information

Serving: 1muffin | Calories: 161kcal | Carbohydrates: 32g | Protein: 5g | Fat: 1g | Saturated Fat: 1g | Cholesterol: 2mg | Sodium: 299mg | Potassium: 70mg | Fiber: 1g | Sugar: 3g | Vitamin A: 39IU | Calcium: 33mg | Iron: 2mg