

English Muffins



How to make the most delicious homemade English Muffins! Don't forget to check out my step by step photos and tips above!

Course	Breakfast
Cuisine	english
Prep Time	20 minutes
Cook Time	10 minutes
rise time	1 hour
Total Time	1 hour 30 minutes
Servings	14 English muffins
Calories	132kcal
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Ingredients

- 2 3/4 cups all-purpose flour (330g)
- 2 1/4 tsp yeast instant or fast acting one package
- 1 teaspoon salt
- 2 tbsp sugar
- 3/4 cup milk (180ml)
- 1/2 cup water (120ml)
- 3 tablespoons butter (42g)
- 1 egg large, room temperature
- cornmeal for dusting or Semolina

Instructions

1. Combine the milk, water, and sugar in a bowl or glass measuring cup then stir together and warm in the microwave to 110F add the yeast and stir once more. Set aside for 5-7 minutes or until a foamy head develops.
2. While the yeast wakes up combine the flour and salt in the bowl of your mixer and whisk together then fit with a paddle attachment.
3. Mix the egg and melted butter into the milk mixture then slowly pour the liquid into your flour mixture while mixing on low. Increase the speed to medium high and mix for about 7 minutes or until the dough is elastic and smooth.
4. Transfer to a large oiled bowl and cover with plastic. Allow to double in size in a warm spot (about an hour). You can also refrigerate the dough overnight, in which case you'll let it warm for an hour when ready to use.
5. Transfer the dough to a floured counter then gently spread out and pat down until it's just under an inch thick. Line two baking sheets with parchment paper and sprinkle with cornmeal or semolina.

6. Use a 3 inch round cutter to cut your muffins then gently transfer them to the prepared baking sheets using a spatula or your hands. Re-roll the scraps and continue cutting until the dough is used up. Cover loosely with plastic and place in a warm spot to rise for about 30 minutes.
7. Place a large skillet over very low heat. Once you can feel the heat when placing your hand a few inches over the surface sprinkle the surface with cornmeal or semolina then carefully place 3-4 muffins on the pan. Cover and cook for 5-6 minutes. Then carefully flip and cook for another 5-6 minutes.
8. Clear the old cornmeal off the pan then add a fresh sprinkle and cook the remaining muffins. Enjoy warm! If you haven't made these before it's best to cook a test muffin to get the feel of it.

Notes

- Although you can let the dough proof for just 1 hour they will have more flavor the longer you leave it (4-8 hours).
- I recommend using a stand mixer to make these as the dough is very sticky and difficult to handle.
- If you use bread flour instead of AP flour your muffins will have a chewier texture.
- Place the dough in a warm place to prove quicker but make sure it's not hot or in direct sunlight or it will have the opposite effect.
- If you don't have a round cutter you can shape the dough into rounds by hand.
- If your muffins are under-baked and overly soft in the middle then bake them for about 3 minutes at 350F and they'll be right as rain.
- If your English muffins are sticking when cooking you can add a tiny amount of butter to the pan.
- A cast-iron skillet or griddle is best for cooking the muffins.
- You'll need to cook them in batches, make sure to brush away the excess semolina so it doesn't burn.
- Use a serrated knife to cut open the muffins when you are ready to serve them.
- The English muffins are best served toasted.
- **Storage** - cooked English muffins will keep well in an airtight container for 3-5 days or can be frozen for up to 3 months.

Nutrition

Calories: 132kcal | Carbohydrates: 22g | Protein: 4g | Fat: 3g | Saturated Fat: 2g | Trans Fat: 1g | Cholesterol: 8mg | Sodium: 195mg | Potassium: 63mg | Fiber: 1g | Sugar: 2g | Vitamin A: 96IU | Vitamin C: 1mg | Calcium: 20mg | Iron: 1mg