



# English Muffins

**Servings:** 12 muffins (24 halves)  
**Total Time:** 3 hrs 10 mins  
**Cooking Time:** 35 mins  
**Resting Time:** 30-45 mins (to prove)  
30 mins (to puff up)  
**Pre-heat Oven to Grill**

## INGREDIENTS

225ml milk

55ml water

1 tsp castor sugar

2 tsp instant dry yeast

450g white bread flour

1 tsp salt

*white bread flour, for dusting*

*50g butter or lard, for cooking*

*butter, for spreading*



## TIP

The muffins can be kept for up to 2 days in an airtight container before toasting.

## SERVING SUGGESTIONS

- \* serve with *Eggs Benedict*,
- \* soak in beaten egg to make French Toast,
- \* use as mini pizza bases with your favourite topping,
- \* make open sandwiches such as rare roast beef, melted cheese & mustard, or cream cheese, lettuce & smoked salmon,
- \* make mini desserts topped with ricotta, grilled sliced banana & honey drizzle or whipped cream, sliced strawberries & castor sugar sprinkle, amongst others.

## METHOD

Pour the milk and water into a small saucepan and heat until lukewarm.

Remove from the heat and whisk in the castor sugar and yeast. Leave for 10 mins until frothy.

In the meanwhile, sift the flour & salt into a large mixing bowl and make a well in the centre. Gently pour the milk mixture into the flour well while drawing in the flour with your hands. Continue to mix until all the flour has been incorporated.

Turn the dough onto a clean surface and knead well for 10 mins until a smooth elastic dough has formed.

Place the dough into a large plastic bag and tie a knot into the very top of the bag while leaving enough room for the dough to rise. Place the dough in a warm place for 30-45 mins to rise and double in size.

Remove the dough from the plastic bag and place on a lightly floured surface. Roll the dough out to 1cm thick and then, using a floured 7½cm cutter (or glass), cut out 12 rounds. Place the rounds on a lightly floured baking sheet, lightly sprinkle with flour and leave in a warm place for at least 30 mins to puff up.

In a large heavy-bottomed frying pan or griddle over a medium heat, melt enough butter to lightly grease the pan.

Depending on the size of the pan, the muffins may need to be cooked in batches. Place some muffins into the pan, turn the heat down to very low and cook for 7 mins on each side. Keep muffins warm in a warming drawer or very low oven.

Slice each muffin in half, toast the inner side under a grill & serve with lots of butter.

