

English Muffins

Yield: 8 muffins

- 1 teaspoons granulated sugar
- 1 ½ teaspoons instant or bread machine yeast
- 2 cups all-purpose flour
- 1 teaspoon salt
- 1 cup warm water (105 – 115 degrees F)
- 1 tablespoon melted butter
- Yellow Cornmeal or Semolina Flour

1. Measure sugar, yeast, flour and salt into a medium-size bowl. Stir to combine well.
2. Add warm water and melted butter.
3. Using the dough hook attachment to a mixer, beat on medium speed for 5 minutes (dough will be smooth and elastic but sticky and stringy).
4. With a rubber scraper, scrape down the sides of the bowl and stir dough until all ingredients are well incorporated.
5. Spray the top of the dough with non-stick cooking spray and cover with a piece of plastic wrap placed directly on the dough.
6. Set aside and let dough rise in a warm place until doubled in size (about 35 to 45 minutes).
7. Divide parchment paper into squares, about 4"x4". Place on a baking sheet. Lightly sprinkle cornmeal onto parchment squares. Set aside.
8. Lightly coat English muffin rings (or equivalent) with cooking spray or soft butter. Roll through cornmeal (or semolina) to coat. Place one cornmeal (or semolina) coated ring on each parchment paper square. Set aside.
9. Coat a 1/4 cup measure or scoop with cooking spray.

10. Remove the plastic wrap from the risen dough. With a rubber scraper, scrape down the sides of the bowl and fold the dough over onto itself to deflate.
11. Using the prepared measuring cup and the rubber scraper, drop scant $\frac{1}{4}$ -cup portions of dough into the prepared muffin rings.
12. With slightly wet hands, pat the dough into the ring.
13. Sprinkle the tops of the dough with cornmeal (or semolina).
14. Spray wax paper with cooking spray. Place sprayed side down over dough in rings. Let rise in a warm place until the dough is puffy (about 20 minutes).
15. Heat a non-stick griddle to medium to medium-high heat (about 350 degrees F). Note: you can also use a skillet on the stove.
16. Gently transfer parchment paper squares with the rings onto the preheated griddle. Work to not deflate the dough.
17. Cook for 6 to 8 minutes on one side or until bottom is golden brown. Carefully flip and cook on second side an additional 6 to 8 minutes until bottom surface is golden. After flipping you can remove the ring from the muffin.
18. If the outer surfaces of the muffins begin to burn and turn too dark, reduce the heat on the griddle. Or, remove the muffins from the griddle, place them on a baking sheet and bake them in the oven at 375 degrees F. an additional 5 to 10 minutes or until they are done.
19. To serve, split muffins with a fork. Toast and top as desired.

NOTE: Check the internal temperature of the muffins. They should register around 200 degrees F when they are cooked through.

To store: Cool muffins completely. Place in a freezer safe or airtight container; seal or cover tightly. Store at room temperature for up to 3 days or freezer for up to 3 months.

Per serving (1/9 of recipe): 150 calories; 3g fat (2g saturated fat); 7mg cholesterol; 283mg sodium; 27g carbohydrates; 1g dietary fiber; 4g protein

To make whole wheat English muffins substitute whole wheat flour for half of the white flour. You can add raisins to the whole wheat muffins if desired.