

# Easy English Muffins

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The dough is really just a few steps up from batter. The high hydration ensures the muffins will be light and lofty rather than dense, creating medium to fine “nooks and crannies”.

## INGREDIENTS

2c Warm Water  
1Tbl Yeast  
1/2c Honey  
1/2c Sour Cream  
4c Bread Flour  
2tsp Salt  
1c Yellow Corn Meal



## MIX DOUGH

Pour warm water in a large bowl and sprinkle with yeast. Add honey and whisk until dissolved. Add sour cream and continue to whisk until uniform, there may be some small pea sized bits of sour cream, which is fine. Combine flour and salt and start adding to the liquid. The amount of flour used will vary, the key is to get a dough that is quite wet (cannot quite form a ball, but pulls away from the side of the bowl when worked). To mix and knead the dough I continually dip my hand in warm water and smooch it about, the dough is about right when it is sticky but my hand will stay clean for two or three “smooshes” while I am kneading (to knead this dough I keep it in the bowl ).

Cover and let rise, some cooking spray will help keep the dough from sticking to the cover (I use a grocery plastic bag to make a hat on the bowl). Let dough rise until it doubles (or threatens to crawl out of the bowl, that is messy and no fun), scrape sides and mix dough down. Repeat three or four times then cook. This recipe is very forgiving, as long as it proofs a few hours it is good to go, the flavor just gets better and better with time. Typically, I mix up the dough in the morning and cook then muffins while I am fixing dinner in the evening.

## COOKING

I use a large electric griddle to cook the muffins (Presto Tilt n Drain Big Griddle, awesome tool), any flat griddle should work. Start the griddle around 350. The dough is sticky; I dip my fingers in water between each muffin to help.

Sprinkle the griddle generously with corn meal. Using wet fingers scoop approximately ½ c of dough, use scissors to separate from the mother dough. Place gently on the corn meal covered griddle, use care not to deflate the muffin. Sprinkle the tops generously with more corn meal. Cook the first side for about 15 minutes, check the bottom to ensure it is not getting too brown, and adjust temperature as necessary. The muffin will look puffy and wonderful; gently turn using care not to deflate. Cook for another 15 to 20 minutes until golden and hollow sounding when tapped. If the edges feel a little gummy keep the muffins of the griddle a bit longer, alternately you can give them 10 minutes in a 350 oven. Cool completely then store in plastic bags, they will stay good quite a while in the pantry or freeze for long term storage.

Contact Jeannette Lewis ([jlewis30@gmail.com](mailto:jlewis30@gmail.com)) with questions