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## English Muffins

### Ingredients:

- 1 cup warm 1% milk, (105°-115° F)
- 2 Tablespoons sugar
- 1 teaspoon salt
- 3 Tablespoons butter
- 1 cup warm water (105°-115° F)
- 1 package active dry yeast
- 5-6 cups flour
- cornmeal
- vegetable oil spray

*Makes 18 servings - 13% calories from fat*

### Notes:

- Add ½ cup cranberries with the warm milk.
- Substitute 1½ cups whole wheat flour for 1½ cups white flour

### Instructions:

1. In a small bowl combine milk, sugar, salt and butter. Set aside. Measure warm water into a large warm bowl. Sprinkle in yeast and stir until yeast is dissolved. Add milk mixture and 3 cups flour; stir until smooth. Add enough additional flour to make a stiff dough. Turn out onto floured board; knead about 2 minutes, or until dough is manageable and can be formed into a ball. (Dough may be slightly sticky.) Prepare a large bowl with vegetable oil spray, add dough, turning upside down to grease top. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour.
2. Punch dough down, divide in half. On a board heavily sprinkled with cornmeal, pat each half of dough into a ½ inch thickness, flipping one time. Cut with a floured 3-inch round cutter. Shape leftover pieces by hand. Place on ungreased baking sheet about 2 inches apart. Cover; let rise in a warm place, free from draft, until double in bulk, about ½ hour.
3. Spray a griddle or skillet with vegetable oil spray heat to mediumhot, place muffins in preheated pan. Bake on one side until lightly browned, about 10 minutes turn and cook other side for an additional 10 minutes. Cool on wire racks. To serve split muffins in half and toast.

Revised July 2021

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USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.

Nutrition Facts	
Serving Size 1 muffin	
Servings Per Container 18	
Amount Per Serving	
<b>Calories 180</b>	<b>Calories from Fat 20</b>
% Daily Value*	
<b>Total Fat 2.5g</b>	<b>4%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 150mg</b>	<b>6%</b>
<b>Total Carbohydrate 34g</b>	<b>11%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 2g	
<b>Protein 5g</b>	
<b>Vitamin A 2%</b>	• <b>Vitamin C 0%</b>
<b>Calcium 2%</b>	• <b>Iron 10%</b>
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

