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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 muffins

Notes:

- Add 1/2 cup cranberries with the warm milk.
• Substitute 1 1/2 cups whole wheat flour for 1 1/2 cups white flour.

Makes 4 servings

Last Revised: January 2019

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 1/2 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 1/2 hour.
3. Spray a griddle or skillet with vegetable oil spray heat to medium-hot, 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.

Nutrition Facts

Table with 2 columns: Amount Per Serving and % Daily Value. Includes rows for Total Fat, Saturated Fat, Cholesterol, Sodium, Total Carbohydrate, Dietary Fiber, Sugars, Protein, and Vitamins A, C, Calcium, and Iron.

13% calories from fat



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