



Bread Machine & Baking Videos with Ellen Hoffman

English Muffins a La 1/4 English Ellen

1

- 400g Half and Half or whole milk
- 1 egg slightly beaten
- 540g King Arthur Bread Flour
- 25g sugar
- 9g salt
- 60g salted butter (if you only have unsalted butter, use that and add another gram of salt.)
- 7g SAF instant yeast

For the griddle:

Semolina flour and butter

(You can probably use cornmeal, but I haven't tried it.)

Before dough course is finished, prepare an electric griddle or a large skillet by spreading softened butter on it. Sprinkle it with semolina or cornmeal. **DO NOT HEAT THE GRIDDLE YET!**

If you don't have an electric griddle, use two large skillets.

Note: This dough will be a little wet. Do not add flour.

When the dough is complete, deflate slightly and weigh the hunk of dough. Divide by 16. Weigh the chunks of dough so your English Muffins will be uniform size. This recipe makes 16 small muffins but you can make them bigger.

Make 16 balls of dough and place them on the COLD griddle. Flatten them a bit. Cover them for 20 minutes with parchment or a dish towel. They will not rise to a major degree but will puff up a bit.



Bread Machine & Baking Videos with Ellen Hoffman

English Muffins a La 1/4 English Ellen

2

After 20 minutes, uncover the balls, sprinkle tops with semolina. Turn griddle on low heat. Cook until the bottoms are golden brown then flip to brown other side. They are done when they've reached 200 degrees. If they are getting too brown but not yet 200 degrees inside, put in cookie sheet and bake at 350 for a few minutes until done.

Cool on a rack. When cool, fork split as shown in the video. (If you cut them open with a knife they won't have the nooks and crannies!) Toast well and spread with high quality butter and/or jam or jelly of your choice.

Freeze whatever you're not going to eat on day of making them in freezer bags. You'll definitely want to fork split them before freezing.

Enjoy!