SOURDOUGH ENGLISH MUFFINS

This recipe is originally from *www.thefreshloaf.com*.
I've just tweaked it a bit to fit my personal preferences.

8.5 oz. (241g) "active" starter –or– the "discard" 8.5 oz. (241g) from fridge feeding
into Kitchen Aid mixer bowl.

Add 2c milk & 4-1/8 c (500g) King Arthur Unbleached Flour (KAUF).

Mix it. Transfer to an ungreased glass bowl, and let it sit out

(covered w/ a lint-free towel) for 8 hours or overnight.

Scrape back into mixer bowl, and add:

A little over 2c KAUF (250g)

2T (28g) Evaporated Cane Juice or 20g Sucanat

1.5t (12g) sea salt

2t baking soda (10g)

And knead in mixer for about 4 minutes +/-.

Divide dough into 20 equal sized pieces (Yes, I am crazy enough to weigh my dough & divide it by 20 so that each muffin is pretty much the same size!), onto a lightly floured area. I usually do this rather quickly & then take more time to actually "form" the muffins in the next step…

Next I sprinkle my crushed up cracker crumbs where the muffins will rest instead of using corn-meal. (Can do this on a baking stone or just on a section of counter top.) I form each piece from previous step into an english muffin shape (kinda like a thick circle) & place it on the crumbs. It is good for them "rest" for about 45 minutes* before you cook them on a griddle… *I've found that by the time I've formed each muffin & begin the cooking process, enough time has gone by...

Prepare your griddle. (I melt some ghee or coconut oil on it.) Heat it to 325°.

Place muffins on the griddle. (Depending on the size of your griddle, it may take several batches.) Be sure to allow some space in-between for expansion while cooking. I begin with 9 minutes for each side, but it is probably a good idea to slice the thickest ones of each batch to make sure the dough is cooked all the way through at the end of 18 minutes. You may need to keep them on a few extra minutes.

Once cooked, allow them to cool. They freeze wonderfully, or keep them cold in your fridge.

ENJOY! -Dawn

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