



JERNEJ KITCHEN

EASY HOMEMADE ENGLISH MUFFINS

English muffins are fluffy, flat, yeasted bread with a golden-brown exterior. This is a simple recipe for the best breakfast buns out there.

MAKES	8	ENGLISH MUFFINS
PREPARATION:	30	MINUTES
DOUGH REST:	110	MINUTES
BAKE:	10	MINUTES
TOTAL TIME:	150	MINUTES

EASY HOMEMADE ENGLISH MUFFINS

120 ml water (1/2 cup)

80 ml milk (1/3 cup)

1 tsp (7g) active dry yeast (or 2 tsp /15g fresh yeast)

300 g all-purpose flour (2 cups + 1/3 cup)

1 tsp salt

40 g (3 tbsp) unsalted butter, softened at room temperature

2 tbsp semolina

TOOLS AND EQUIPEMENT

bowl

stand mixer (optional)

cling film or kitchen towel

baking sheet

cast-iron skillet or non-stick pan

parchment paper

KNEAD INTO A DOUGH AND LEAVE TO REST

In a bowl, stir to combine lukewarm water, lukewarm milk, and yeast. Set aside for 5 - 10 minutes for the yeast to react. In a separate bowl (or in a bowl of a stand mixer fitted with a dough hook), combine all-purpose flour and salt. Add the yeast mixture and knead into an elastic dough using your hands or a stand mixer. When the dough is smooth, add the softened butter and continue to knead until there are no visible traces of butter left, and the dough is elastic and smooth. Leave the dough in a bowl, cover with cling film or kitchen cloth. Leave to proof at room temperature for 1 hour or until doubled in size.

TIP

The milk and water shouldn't be too hot, or the yeast won't activate. The best water and milk temperature is around 35°C / 95°F.

SHAPE AND LEAVE TO REST

Divide the dough into eight equal parts. Shape each piece of dough into a round ball, then gently press the ball down, to get a pattie shaped dough. Sprinkle a tray or a baking sheet with semolina. Place the English muffins on the tray with semolina, making sure there's some space between them, cover with cling film, and leave to proof at room temperature for about 45 - 50 minutes or until doubled in size. Feel free to place them in the fridge for 2 - 3 hours or overnight, if you plan on making them fresh for breakfast.

BAKE IN THE SKILLET

Preheat the oven to 180 °C / 350 °F. Place a large cast-iron

skillet or non-stick pan over medium-high heat. When the pan is hot, add half of the English muffins. Work in batches, because the dough will rise when cooking. Cook covered with a lid for 3 minutes on each side to get a beautiful golden-brown exterior. Transfer the baked English muffins to a baking sheet lined with parchment paper and repeat the process with the rest of the muffins.

BAKE IN THE OVEN AND SERVE

Transfer the baking sheet with the English muffins to the preheated oven on the middle rack. Bake for 6 - 8 minutes at 180 °C / 350 °F or until the interior is cooked through, and the exterior is still golden-brown and delicious. Transfer the baked muffins to a wire rack to cool, then serve at room temperature.