



JERNEJ KITCHEN

SPELT ENGLISH MUFFINS

Easy to make, perfect for those who love freshly baked goods.

SERVES	2	PEOPLE
PREPARATION:	20	MINUTES
DOUGH REST TIME:	100	MINUTES

SPELT ENGLISH MUFFINS

110 ml milk, lukewarm

6 g fresh yeast

75 g whole wheat flour

75 g spelt flour

3 g salt

20 g butter, at room temperature

1 tbsp polenta

1 tsp butter, for cooking

TOOLS AND EQUIPEMENT

small bowl

large bowl

baking tray

large pan with a lid

PREPARATION

In a small bowl, dissolve the yeast in lukewarm milk, let stand for about 10 minutes. In a large bowl, combine the whole wheat flour, spelt flour and salt. Add the dissolved yeast mixture and combine.

KNEAD

Knead to make a soft dough, then add the butter (softened at room temperature) and continue to knead for about 5 minutes. Cover with a cling film and leave in a warm place (at room temperature) for about 1 hour (or until doubled in size) to rise.

DIVIDE THE DOUGH

Divide the dough into 4 equal pieces. Roll each piece gently against the counter to shape into smooth, round balls. Press each ball down to get a burger patty form.

PROOFING

Lightly dust a large plate or baking tray with half of the polenta. Add the english muffins and dust the remaining polenta over the top of the muffins. Cover with cling film and leave to rise at room temperature for about 35 minutes or even better overnight in the fridge.

SERVE

Place a large pan over medium high heat, grease with butter. Add the english muffins, cover with a lid and cook for about 5 - 6 minutes or until the bottoms of the muffins are golden brown. Then flip over and cook without the lid on for about 5 - 6 minutes. Serve them warm (they are great cut in half and toasted) with butter and jam or store in an airtight container for up to 2 days.