

Sourdough English Muffins (LittleSpoonFarm.com)

To Make Active Sourdough

- 1 T. (15g) sourdough starter
- 1/3 c. + 1 T. (50g) all-purpose flour
- 3½ T. (50g) water

Dough

- ½ c. (100g) active sourdough starter
- 1 T. (20g) honey or sugar or maple syrup
- 1 c. (240g) milk
- 3 c. (360g) all purpose flour
- 1 t. (5g) salt
- ¼ c. (40g) cornmeal for sprinkling

Instructions:

Feed sourdough starter

1. 12 hours before add the ingredients to make ½ c. (100g) of active sourdough starter. Stir until combined, loosely cover the jar and let the starter rise at room temperature. Let double in size.

Make the dough

2. Add 100g of the active starter and the rest of the ingredients (except the cornmeal) to a large bowl and use your hands to mix until well combined. Cover and let rest 30-60 minutes. Turn the dough out onto a floured surface and knead the dough by hand for 5 minutes. (Can use a stand mixer with a dough hook attachment on the lowest speed)
3. Place the dough back into the bowl, cover and let ferment on the counter at room temperature 8-12 hours.

Cut and cook

4. Turn the dough out onto a floured surface, flour the top of the dough and press it out using your fingertips until it is 1" in thickness.
5. Use a 3" biscuit cutter to cut rounds and place them on a parchment lined baking sheet that's been sprinkled with cornmeal. Sprinkle the tops with cornmeal, cover with a tea towel and allow to rise for 1 hour at room temperature.
6. Preheat your non-stick skillet over low heat. Place 4 muffins into the skillet spaced 2" apart, cover and cook for an additional 4 minutes (when done, the center of a muffin should register 200°).