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English Muffins

Ingredients-have your ingredients prepared in advance as suggested in the ingredient list.

NOTE: Prepare your dough 24 hours in advance. Follow the instructions from the *Bread in 5 Minutes A Day* [Master Recipe](#). Liz will prepare the dough in class as well.

3 cups (1 1/2 pounds) lukewarm water

1 tablespoon granulated yeast (you can use any kind of yeast including: instant, "quick," rapid rise, bread machine, active dry, or fresh cake yeast*.If you use cake yeast you will need 1.3 ounces (37g).

1 to 1 1/2 tablespoons coarse salt

6 1/2 cups (2-pounds) unbleached, all purpose flour. Alternative: 5 1/2 cup all purpose flour and 1 cup whole wheat flour

½ cup corn flour

Equipment list:

5qt container w/lid -large bowl, soup pot, or other large container will work in a pinch

liquid measuring cup

1 and 1/2 cup dry measure cups

butter knife

1 tbs measuring spoon

dough whisk, or large spoon for mixing the dough

Cast iron pan w/lid

Metal spatula

English Muffins

Using the *Bread in 5 Minutes A Day* [Master Recipe](#).

Note: Prepare your dough 24 hours in advance of cooking your English Muffins

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[Full recipe](#)

[Liz's Quick Guide](#)

- Prepare your dough 24 hours ahead of baking your English Muffins using the Artisan Bread in 5 Minutes Master Recipe.
- If you have a digital scale, weigh out 3 1/2-ounce balls, or cut the dough into balls about the size of a medium peach. Prepare as many as you'd like. You can use the dough for up to 2 weeks.
- Flatten the balls and place them on a baking pan dusted with cornmeal. Cover with plastic wrap and allow to rest for 30 minutes.
- Heat a cast iron pan over medium-low, put muffins in, and cover them with a lid. Steam for 5 minutes on each side. There is no need for oil or butter, the corn meal will protect them from sticking. Remove from the pan and allow to cool on a cooling rack. Repeat the process until all of the muffins are cooked. Serve warm or at room temperature. Cut by piercing the around the sides with a fork to get all those wonderful nooks and crannies.

