

# ENGLISH MUFFINS

F EASY

Last Modified: 02/10/2020

PREP: 13 Hrs  
COOK: 20 To 30 Min  
OVEN: 400

BREADS

**MAKES 8 THICK MUFFINS**

QUA	MEASURE	INGREDIENT	PROCESS
<b>DRY INGREDIENTS</b>			
12	Ounces	All Purpose Flour	
1	1/4 Oz	Packets Dry Active Yeast	
1	Tbsp	Granulated Sugar	
2	Tsp	Kosher Salt	
<b>WET INGREDIENTS</b>			
10	Ounces	Water	
1	Tbsp	Vegetable Shortening (Crisco)	
<b>CRUST</b>			
?	Pinches	Corn Meal (Fine Ground)	
OR			
?	Pinches	Rolled Oats	
<b>PREPARATION</b>			
<b>FACTOID</b>	English Muffins were invented by a baker in 1880 who supplied hotels. An Englishman named Samuel Thomas in Chelsea - NO, not England, U.K. but New York City.		
<b>FACTOID</b>	These Muffins are EXTREMELY easy. Just mix, refrigerate overnight pour into the rings and bake. Full of air pockets for plenty of Butter and to toast up divinely. You need to mix the batch as quickly as possible because the longer the batter is mixed for, the tougher textured the Muffins will end up.		
<b>TOOLS</b>	1) 2 - Aluminum Half Sheet Pans 2) Stand Mixer & Paddle Mixer Head 3) 8 Metal Baking Rings 4) Parchment Paper 5) 2 Ounce Batter Disher		
<b>PREP</b>	<b>NONE</b>		
<b>1</b>	<b>The Evening Before:</b> In a stand mixer with a paddle attachment head on medium speed, combine the Flour, the Yeast, Sugar, Salt and Powdered Milk for 30 seconds.		
<b>2</b>	<b>The Evening Before:</b> Drop the shortening into the water microwave on high for 1 to 2 minutes. The Shortening should melt and be at 120 to 130 degrees.		
<b>3</b>	<b>The Evening Before:</b> with the stand mixer still on medium speed, pour the water mixture in and beat for 1 1/2 minutes. Stop, scrape down the sides of the bowl and mix on medium speed for another 1 1/2 minutes. This Dough will resemble a Batter more than a Dough. VERY sticky.		
<b>4</b>	<b>The Evening Before:</b> Cover the mixer bowl with plastic wrap and refrigerate it overnight, for at least 12 hours, untouched.		

# ENGLISH MUFFINS

<b>1</b>	<b>Baking Day:</b> Place the 8 baking rings (not touching) on a baking sheet. Spray the entire inside of each ring with non-stick cooking spray. Sprinkle the bottom of each ring with 1/2 ounce of either Corn Meal or Rolled Oats.
<b>2</b>	<b>Baking Day:</b> Using a disher (so the Dough does NOT get on the sides), add dough so each ring contains about the same amount of Dough.
<b>3</b>	<b>Baking Day:</b> Cover the rings with a sheet of parchment paper and set them aside to rise undisturbed for one hour.
<b>4</b>	<b>Baking Day:</b> Temporarily remove the parchment and sprinkle the tops of each Muffin with 1/2 ounce of Corn Meal or Rolled Oats. Cover again with the parchment paper.
<b>5</b>	<b>Baking Day:</b> Meanwhile, preheat the oven to 400 degrees with a rack just below center.
<b>6</b>	<b>Baking Day:</b> Leaving the parchment in place, cover the rings with the second sheet pan (upside down). Place the Muffins in the oven.
<b>7</b>	<b>Baking Day:</b> Bake the Muffins for 20 minutes if using short rings or 30 minutes if using tall rings. During the final 5 minutes of baking, remove the top sheet pan and parchment paper and bake until the Muffins are golden brown.
<b>8</b>	<b>Baking Day:</b> Remove from the oven and allow the Muffins to cool. Remove the rings. Use a kitchen knife if they are stuck to the sides of the rings.
<b>SERVE</b>	Split the Muffins with a fork inserted and twisted several times around the side. NEVER cut a Muffin using a knife. Toast, slather with Butter and ENJOY.
<b>HINTS</b>	These Muffins freeze nicely. Wrap them individually in plastic wrap and freeze them for up to 3 months. Thaw overnight on the countertop.