

SOURDOUGH ENGLISH MUFFINS

Ingredients:

1 cup active sourdough starter
3/4 cup warm water
1 cup whole milk, warmed to 110° F
5 cups all-purpose flour
1/4 cup honey
1/4 cup vegetable oil
3 teaspoons salt
cornmeal for dusting

Directions:

1. Combine the starter, water, milk and 2 cups of the flour in the bowl of a stand mixer or a large mixing bowl. Mix on low speed until combined. Cover the bowl and rest for 30 minutes.
2. Add the honey, oil & salt and mix to combine. Switch to the dough hook if using a stand mixer. Add the remaining flour and knead until the dough clears the sides of the bowl and clings to the hook. (Around 7 minutes) If mixing by hand, add flour until you can no longer stir, then turn the dough out onto a floured surface to knead by hand.
3. Transfer the dough to a lightly oiled bowl, turning once to coat. Cover the bowl and set it somewhere warm to rise. After 30 minutes, uncover the bowl and lift one side of the dough and fold it over on to the middle. Repeat with the other three sides of the dough then flip it over. Cover the bowl and after 30 minutes repeat the process. Cover the bowl again and rest for an hour. Repeat the folds. Cover the bowl for another hour and do one last set of folds. By now the dough should have risen and be elastic. If the dough seems tight still, give it another hour to rise.
4. Turn the dough from the bowl and knead briefly to form a smooth ball. Lightly sprinkle your work surface with cornmeal. Roll the dough to 3/8" thick. Cut muffins with a 3" biscuit cutter. Re-roll the scraps and continue cutting until all the dough is used. You should get about 16 muffins. Place the muffins on an ungreased baking sheet. Cover the pan and let the muffins rise until almost doubled in volume, about 1 hour.
5. Preheat a cast-iron pan or griddle over medium-high heat. Reduce the heat to medium-low and lightly oil the pan. Cook the muffins for about 8 minutes per side until well-risen and deeply golden brown. Keep an eye on the heat so the muffins don't burn. Cool on a wire rack. To serve, split and toast.