
Sourdough English Muffins



Ingredients

- 1/2 cup active sourdough starter
- 1 T. honey
- 1 cup milk
- 3 cups all purpose flour
- 1 teas. salt
- 1/4 cup cornmeal

Directions

1. 12 hours before you plan to mix the dough feed your sourdough starter.
2. Add the starter and the rest of the ingredients except the cornmeal to a large bowl.
3. Mix well until combined.
4. Cover and let rest 30-60 minutes.
5. Turn out onto a floured surface and knead by hand for 5 minutes.
6. Place the dough back into the bowl, cover and let ferment on the counter at room temperature for 8-12 hours.
7. Turn the dough out onto a floured surface. Flour the top of the dough and press out using your fingertips until its about 3/4 inch thick.
8. Use a biscuit cutter to cut into rounds. (I use a mini mason jar lid)
9. 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.
10. Preheat your skillet over LOW heat. Place 4 muffins into the skillet spaced 2 inches apart, cover and cook the first side for 4-10 minutes. Turn the muffins over and cook an additional 4-10 minutes.
11. Store at room temperature for up to 5 days in a container or freeze for up to 3 months.