

English Muffins

Makes 8

Hands-on Time 20 minutes

Proving Time + 2 hours

Cooking Time 12 minutes

Ingredients

- 400g strong white bread flour (plus extra for dusting)
- 1 tsp fast-action yeast
- 1 tsp fine salt
- 1 tbsp caster sugar
- 40g unsalted butter (softened)
- 250ml full-fat milk
- Oil for greasing (e.g., olive, sunflower, or vegetable)
- 2 tbsp semolina

Equipment

- Mixing bowl
- Tea towel or clingfilm
- Rolling pin
- 8.8-9cm circular cutter
- Baking tray
- Large frying pan
- Spatula

Method

1. Make the dough

- In a mixing bowl, combine the flour, yeast, salt, sugar, and butter. Gradually add the milk, mixing until a dough forms.
- Knead on a lightly floured surface for 5 minutes until smooth.
- Place the dough in a lightly oiled bowl, cover with clingfilm or a tea towel, and let it prove for 2 hours (or overnight in the fridge).

2. Shape the muffins

- Roll the dough out to 1cm thickness on a floured surface.
- Use a floured cutter to cut out circles.
- Sprinkle semolina on a baking tray. Coat both sides of each muffin with semolina and place on the tray.
- Let the muffins rest for 30 minutes.

3. Cook the muffins

- Heat a frying pan over medium heat for 5 minutes.
- Cook the muffins for 6 minutes on each side, in batches if necessary, until golden brown.

Enjoy!