

THE P•K•P WAY

Sourdough English Muffins

Yields 14-18 muffins



Ingredients

- 1 cup (8 ounces) sourdough starter (your own or see recipe below)
- 2 teaspoons instant yeast
- ½ cup (4 ounces) warm milk*
- 2 tablespoons (7/8 ounces) granulated sugar
- 1 large egg, room temperature
- 2 tablespoons vegetable oil
- 1 ¼ teaspoons salt
- 3 cups (12 ¾ ounces) all-purpose flour
- ¾ teaspoon ground cinnamon
- Non-stick cooking spray
- Cornmeal for dusting

Jump Starter

- ¼ teaspoon instant yeast
- ¾ cup (6 ounces) water
- 1 teaspoon honey or sugar
- ¼ cup (1 ⅛ ounces) whole wheat flour
- ½ cup (2 ⅛ ounces) unbleached all-purpose flour

Directions

1. Combine all the ingredients in the bowl of a stand mixer fitted with the dough hook attachment. Knead the dough on medium-low speed until combined, soft, and slightly sticky. Allow the dough to rest for 20 minutes.
2. Turn the dough onto a well-floured surface. Flour the surface of dough, the rolling pin, and your hands. Roll the dough into a disc ½" thick**.
3. Cut out rounds with a 2 ½" – 3" circular cutter***. Spray plastic wrap with non-stick cooking spray and loosely cover the rounds. Let rest and rise for 30 – 45 minutes.
4. Heat a cast iron skillet over the lowest heat. Dust the skillet with cornmeal. Transfer 4 – 5 muffins to the warmed skillet****. Heat each side for 7 – 8 minutes, checking the color after about 3 minutes to make sure it's not darkening too quickly. Transfer to a cooling rack to cool. For more tips, see "Other Notes" below.
5. Serve split and toasted with butter and jam.

Jump Starter

1. Combine ingredients at least 12 hours before beginning above recipe. Use only what's called for in the recipe above.

Notes

- *I measured out the milk in a microwave-safe bowl and heated it in the microwave for 20 seconds.
- **Continue to flour the rolling pin as necessary.
- ***Collect the scraps, re-roll, and cut until all the dough is used.
- ****To get the hang of the work flow, practice with 1 – 2 muffins first.

Other Notes

- Control the color by adjusting the heat of the skillet. Since the skillet is already set over the lowest possible heat setting, remove the skillet from the heat to cool down if necessary.
- If there are cold spots on the skillet (evident by some muffins browning quicker than others), reposition the muffins around to ensure even heating for each muffin.

Storage

Store in an air tight container at room temperature for up to 5 days.