

Homemade Sourdough English Muffins

Ingredients:

- 1/2 c. active sourdough starter
- 1 T. sugar or honey (we prefer to use local honey but that's not really necessary)
- 1 c. milk (I haven't tried using milk kefir but it would probably work as well)
- 1 t. salt
- 3 c. all-purpose flour (may need a little more or less depending on the climate)
- a bit of cornmeal or flour for dusting

Directions:

Feed your starter about 8-10 hours before you plan to use it so that it will be nice and bubbly. * see schedules below

Mix together all the ingredients except for the cornmeal. Mix just until well combined, cover, and let rest for 30 - 60 minutes, or mix/knead in the bread maker or mixer for 5-10 minutes and let rest.

Add about 2 1/2 cups of flour, to begin with, and then add a little at a time until the dough is not sticky and can be easily handled. If it feels too firm you can add a bit more milk.

Knead on a lightly floured surface for about 5 minutes or knead in a mixer on low or bread maker.

Place the dough back into the bowl, cover, and let rise on the counter (or in the oven) overnight or for 8-12 hours.

Place a piece of parchment paper or [silicon baking mat](#) ** on a cookie sheet and sprinkle a little cornmeal or flour on it to prevent the dough from sticking.

Roll the dough out on a lightly floured surface until it is about 1 inch thick.

Cut out the dough with a [medium or large biscuit cutter](#). ** Place cut muffins onto the prepared cookie sheet.

Cover and let rise for about an hour, they will be a bit puffy looking but may not be doubled.

Preheat your skillet or griddle *see suggested temps below, place the muffins into the hot pan with a bit of space between them.

Cover and cook for 3-4 minutes, the bottoms will be browned. Flip, cover, and cook another 3-4 minutes.

These can be split and toasted in a toaster, in a pan, or under the broiler for 5-10 minutes.

*** Sample schedules:**

Many sourdough recipes do take a little bit of advanced preparation, but the taste and health benefits are so worth it!

Start the day before and cook the day of:

- Day 1: 8:00 am - feed sourdough starter
- Day 1: 7:00 pm - mix up the dough, and let it rise overnight
- Day 2: 6:00 - 7:00 am - roll out the dough and let it rise again (1 hour)
- Day 2: 7:00 - 8:00 am - cook and eat!

Start 2 days before and cook a day ahead:

- Day 1: 9:00 pm - feed sourdough starter
 - Day 2: 8:00 am - mix up the dough, and let it rise for 8-12 hours
 - Day 2: 4:00 - 8:00 pm - roll out the dough and let it rise again (1 hour)
 - Day 2: 5:00 - 9:00 pm - cook, cool, and place in an airtight container. Enjoy within 3-4 days or freeze for 2-3 months.
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*** Temps:**

- Cast Iron pan = 5/medium heat
 - Non-stick pan = 6
 - Electric griddle = 350 degrees
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