



Whole Wheat English Muffins

by: Tracy Oldfather

Adapted from: Breadbeckers Recipe Collection of
www.breadbeckers.com

Ingredients:

- 1 cup **warm Water**
- 1/2 cup **Buttermilk** or Milk
- 2 teaspoons **Real Salt Sea Salt**
- 2 teaspoons **Sucanat***, sugar or Honey
- 1 Tablespoon **Lecithin*** (optional)
- 1/4 cup fresh ground **Flax Seed** (optional)
- 4 cups **Whole Wheat Flour** – freshly milled, divided
- 2 teaspoons **Instant Yeast**
- 3 Tablespoons softened **Butter**
- 1/3 cup **Cornmeal**, freshly milled



Makes: 10-12 yummy muffins

Instructions:

In your mixer bowl combine water, buttermilk, salt, Sucanat and lecithin . Thoroughly mix in flax seed, 2 cups flour and yeast into mixture forming a loose batter. Cover and let “sponge” rise in a warm place for 45 min – 1 hour.

To the sponge, beat in softened butter. Attach dough hook, knead in remaining flour to form a soft dough, about 4-5 minutes (*knead by hand about 8 minutes*). Sprinkle work surface liberally with cornmeal. Turn out dough onto cornmeal; hand-knead 2-3 times. Gently roll or press dough to 1/2 inch thick. Cut into 3-4 inch rounds. (*I use a large canning ring; the perfect size for egg & English muffin sandwich.*) Place rounds on a slightly greased cookie sheet, gently cover with a light kitchen towel and let rise until double, about 30 minutes or so.

Heat your griddle to 350 degrees (*or skillet on medium*). Make swirls of butter on warmed griddle/skillet. (*I peel back the wrapper on a stick of cold butter to make swirls on hot griddle/skillet.*) Carefully lift each round with a spatula (*taking care not to deflate it*) and place on a medium-hot, well buttered griddle or skillet. Cook until golden brown, about 3-4 minutes. Turn once while cooking, swirl griddle with more butter before setting muffin back down; continue cooking till golden brown. Cool on cooling rack. Using a sharp knife, slice each English muffin to make two halves. (*Muffin should feel light when lifted. If not, adjust heat lower and cook a little longer.*) Absolutely wonderful plain or serve with more butter, jam or cream cheese. Muffins may be stored in plastic zip bag for 2-3 days, but best to freeze muffins in a freezer zip type baggie. Pop in the toaster to reheat. Soooooo easy and yummy!!!!!!!



- These freeze great, so make extras.
- Use a small cutter and serve with honey butter as an appetizer.
- Use a large cutter to make personal pizzas.