



Whole Wheat English Muffins

by: Tracy Oldfather

Ingredients:

1/2 cup warm Water
1 cup Buttermilk or Milk
2-1/2 teaspoons Real Salt Sea Salt
2 teaspoons Sucanat*, sugar or Honey
1 Tablespoon Lecithin* (optional)
3 Tablespoons fresh ground Flax Seed (optional)
4 cups Whole Wheat Flour – freshly milled, divided
2-1/2 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, sweetener and lecithin; stir to combine. Add flax seed, 2 cups flour and yeast. Mix thoroughly forming a loose batter. Cover and allow to rise in a warm place for 45 minutes or so. After rising batter will have a spongy appearance.

To the sponge, beat in softened butter. Attach dough hook, knead in remaining flour to form a soft dough, about 5-6 minutes (*kneading by hand: about 8 minutes*). Sprinkle work surface liberally with cornmeal. Turn out dough onto cornmeal. 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 & sausage muffin sandwich.*) Place rounds on a slightly greased cookie sheet; gently cover with a light kitchen towel; let rise until double about 30 minutes.

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 turner (*taking care not to deflate it*) and place on butter-swirled griddle/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 fork poke through around the edges to separate or use 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 separated, then place 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 for personal pizzas.