

English Muffins

Bread Flour	10 oz
Sugar	0.25 oz
Salt	$\frac{3}{4}$ tsp
Yeast	1 $\frac{1}{4}$ tsp
Soft Butter, unsalted	0.5 oz
Milk, room temp	6 – 8 oz

Directions:

1. Mix all ingredients together until dough forms. You may need additional milk if the dough is not soft. It should not feel tough. DO that in the beginning stages. If it looks dry right away, add more milk.
2. Proof until double in size
3. Portion into 3 oz boules
4. Proof again, but place corn meal underneath each dough ball
5. Heat a skillet (medium heat) and oven (350F)
6. Spray skillet with pan spray and place dough balls, gently press and allow brown slowly. Flip once browned on one side.
7. Brown the other side and place back on sheet pan.
8. Bake about 10 minutes or until internal temp is 180F