



Whole Wheat English Muffins

By: Tracy Oldfather



Ingredients:

- 1 cup **Buttermilk** or Milk
- 1/2 cup **Warm Water**
- 2 teaspoons **Raw Sugar**, Sucanat* or Honey
- 2-1/2 teaspoons **Sea Salt**
- 1 Tablespoons **Sunflower Lecithin** (optional)
- 4 cups **Fresh Milled Whole Wheat Flour**:
Mix half & half Hard Red and Hard White
- 2-1/2 teaspoons **Instant Yeast**
- 3 Tablespoons Softened **Butter**
- 3 Tablespoons **Fresh Ground Flax Seed** (optional)
- 1/4 cup **Fresh Milled Cornmeal**

Makes: approx 12 muffins

So tasty all by themselves;
yet perfect with any topping!

Instructions

- 1. In large mixer bowl** stir together **first 5 ingredients**.
 - 2. Add half the Flour & Yeast:** Add **half the flour** and **sprinkle the yeast on top**. **Mix well** with a wooden spoon or rubber spatula.
This should **be a loose batter**.
 - 3. Resting:** **Cover bowl** and allow to **rest for about 30 minutes**. This process is very important. It allows the fresh flour to absorb moisture.
 - 4. Add Butter and Flax Seed:** After the resting period, remove the covering and add the butter and flax seed; mix on low.
 - 5. Adding Remaining Flour:** Turn mixer on low; begin adding additional flour 1/2 cup at a time, allowing the dough hook to work in the flour a few turns. Continue adding flour UNTIL dough pulls away or **CLEANS the side of the bowl ONE time, then STOP adding flour**. Do not be tempted to add more flour; let the dough hook do its thing.
- Start your timer and knead for 8 minutes.** Knead until gluten is fully developed. Hand kneading may take about 10-15 minutes.
- 6. Grease cookie sheet.** If your cookie sheet has edges, simply turn it upside down.
 - 7. Roll & Cut Dough:** Sprinkle cornmeal on worksurface. Roll dough to 1/2 inch thick. Sprinkle more cornmeal on top of dough. Using a wide-mouth canning ring or 3-4 inch cutter, cut muffin rounds. Place them on the greased cookie sheet. **Cover** and let **rise about 30 minutes**.
 - 8. Cook:** Heat a griddle or skillet to **350 degrees** or medium heat. With a **cold stick of butter, paper peeled back**, make **swirls of butter on the hot griddle**. **Carefully** not to deflate, **lift each round with a spatula** and **place on the swirled butter**. **Cook until golden brown, about 3-4 minutes**.

Turn once while cooking, **swirl griddle with more butter** before **setting muffin back down**; continuing to cook until golden brown. **Cool on cooling rack.**

Note: If your muffins are not completely cooked in the center, place them back on the cookie sheet and bake in a 350 degree oven for about 10 minutes.

9. Slicing: Using a large fork, press around all sides to separate muffins. The fork will give a ruff surface on the inside of each muffin to soak up toppings. A sharp knife may be used, but the inside surface will be smoother.

10. Serve: Serve plain or with your favorite topping. Pop them in the toaster bagel setting for a toasty inside.

11. Storage: Muffins may be stored in a loose bag for a few days. Extras should be stored in the freezer.



- Optional ingredients enhance the nutrition and/or texture - highly recommended
- These freeze great, so make extra
- Use a small cutter and serve with honey butter as an appetizer
- Use a large cutter for personal pizzas

