

# Sourdough English Muffins

Makes about 8

(Double it up!)

100g Starter (100% hydration)

1 Cup Milk (around 235g)

340g Flour

1 TBSP Sugar

3/4 tsp Salt

1 tsp Baking Soda

Semolina Flour for dusting.

Make up starter so it's ready and at its peak.

The night before-

Combine starter, 250g of flour and milk in a large bowl, stir to combine, cover with plastic wrap, and leave out for 8 hours or overnight.

After the overnight rest, add remaining flour, sugar, salt and baking soda and mix well, add as much flour as you need to make a soft dough, not too sticky or dry. Turn onto a lightly floured surface and knead for 4-5 minutes. Roll out to 3/4" and cut with a biscuit cutter into rounds, you can reroll the scraps, but you may need to let the dough rest before cutting more muffins from them. Place muffins on a piece of parchment dusted with semolina flour, then sprinkle more on top of the muffins, cover with slightly oiled cling wrap, then let rest for 45 minutes, they will rise slightly.

Heat oven to 180c, and preheat a non stick frying pan on low to medium.

Place muffins in the preheated frying pan (you need to find a good balance with the heat, to not cook them too quickly, so they have time to spring before they start to burn) if you get the temp right they will slightly brown on the bottom and start to rise up and feel warm on top, that's the time to flip them, be carefull not to squeeze in the sides when turning them, cook the muffins for about 6 minutes on each side, or until browned on each side, then i put them into the oven on a baking tray for 5mins or so, to make sure they are cooked through.

Cool on a wire rack.