

SOURDOUGH ENGLISH MUFFINS

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(Makes 16 muffins, 1553 grams dough total at 80% hydration)

(Combine 382 grams of 100% starter with 126 grams of water to convert to a 166% hydration starter)

- **510 grams sourdough starter at 166% hydration**
- **226 grams water**
- **113 grams canned evaporated milk**
- **28 grams butter**
- **637 grams all-purpose flour**
- **14 grams salt**

In your stand mixer with dough hook attachment combine the starter, water, milk, butter and flour. Mix on medium speed for three minutes. Allow the dough to rest for 20 minutes. Add the salt and mix the dough on medium speed for another four minutes. Cover and bulk proof your dough for about four hours at a warm room temperature of 75-80F/23-26C. Stretch and fold the dough once each hour. After bulk proof, pour the dough out onto a very well floured surface. The dough should be very wet. Make sure you have the top and bottom of the dough covered with plenty of flour. Roll out to about 1/2" thick. Using a round dough cutter approximately 3 1/4" wide (or a wide mouth mason jar ring or cleaned tuna fish can) cut into rounds. Place cut rounds onto a well floured proofing cloth. Let rise for 1 1/2 hours. When muffins are almost done proofing, start preheating griddle to 325-350F/162-176C and oven to 375-400F/190-204C.

Cook muffins on the hot griddle for 6 - 10 minutes per side, checking to ensure they are not browning too quickly. Turn griddle down if necessary, or remove when browned to your liking and finish baking in your hot oven for 6 – 8 minutes. Split the muffins by scoring around the circumference with a knife and then tearing open with a fork. Serve hot with butter and fruit preserves if desired. Repeat with remaining muffins.

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