

English Muffins



Ingredients & Prep

450 g Strong plain flour
1 tsp Salt
225 ml Milk
2 tsp Caster sugar
2 tsp Dried yeast
50 g Lard

Suggestion & Tips

Best fresh so eat with 2 days, keep in an air tight container or freeze.

Recipe By FoodieBook

Ref: 604

Heading: Bread & Baking

Cuisine: British & Irish

Food Type: Meat

No of Portions: 8

Method

Step 1 - First make the starter, place the milk & sugar in a jug or bowl, heat up to about 40°C (luke warm), in a microwave oven, or in a saucepan (use a thermometer), whisk in the yeast until it dissolves, then set aside in a warm place until it foams.

Step 2 - In a bowl add the flour & salt, the grate in the lard over the top, then mix in with your finger tips until the lard has been incorporated into the flour.

Step 3 - Make a well in the flour & pour in the starter & mix altogether, tip out onto a floured worktop & knead for 10 mins to make a dough. Place dough back in the bowl & cover with cling film, prick a small hole in the film, leave in a warm place to double in size, about an hour.

Step 4 - When risen tip out on to floured worktop & knead for a min or 2 to knock out air, then roll out dough to 1cm in thickness. Then cut out rounds with a 7.5 or 8 cm pastry cutter, place discs on a floured tray, when done re-knead trimming & roll out & cut to use remaining dough.

Step 5 - When all are done place tray/s in a warm place to rise again, this should take about 30 mins.

Step 6 - Heat a frying pan or flat griddle pan on a low to med heat, lightly grease the pan with lard then place 3 muffins on & cook for 6 to 8 mins per side until light nut brown. Repeat until all done.