

# English Muffins

## Ingredients

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- 3/4 c Warm Water (110 degrees)
- 1 1/8 t Yeast
- 1/2 t Sugar
- 2 1/4 c Flour (11 1/4 ounce)
- 1/2 Egg (beaten)
- 2 T Honey
- 1/4 t Salt (plus 1/8 teaspoon)

## Instructions

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1. In the bowl of a stand mixer, combine the water, yeast, and sugar. Stir and let sit for 10 minutes until foamy.
2. Add the flour, egg, honey and salt, and use a spatula to roughly combine the dough. Fit the bowl to the stand mixer and knead the dough for about 10 minutes on medium low speed using the dough hook. Cover the bowl with plastic wrap and let it double in size, which should take about an hour.
3. Preheat the oven to 400 degrees F, and line a sheet pan with parchment paper.
4. Punch down the dough and lightly flour the countertop. Roll the dough to a half inch thickness. Use a 3" cutter to cut circles from the dough, pushing directly down all the way to the counter to cut, then twisting to release.

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5.Re-roll the dough and cut the scraps, and you should have about 12 English muffin circles. Place the English muffins on the prepared sheet pan.

6.Bake the English muffins for 7 minutes, then flip them over and bake for another 7 minutes.

Cool completely on wire racks, then they are ready to be cut in half, toasted, and spread with your favorite butter or jam.

7.You should store them in the freezer if youâ€™re not consuming them within two days.