

S O U R D O U G H E N G L I S H M U F F I N S

Ingredients:

- ½ Cup Active Sourdough starter
- 1 Tablespoon honey or sugar
- 1 Cup milk
- 3 Cups flour
- 1 Teaspoon salt
- ¼ Cup Cornmeal (for sprinkling)



Directions:

1. The night before mix all the ingredients together besides the cornmeal in a stand mixer (or by hand) using a dough hook and knead for 5 minutes on low speed. Cover and let sit to ferment on the counter overnight.
2. The next morning: Roll the dough out onto a lightly floured surface and press the dough out until 1" thickness using your hands.
3. Using a 3" biscuit cutter cut out as many as you can- typically I end up with 8-10. Place them onto a parchment lined baking sheet that has been sprinkled with cornmeal. Cover and let rise (I place mine uncovered in my oven turned off). Let rise for approx. one hour.
4. Preheat your skillet (preferred cast iron) over LOW heat. Place 3-4 muffins into the skillet spaced apart, COVER and COOK the first side for 4 minutes. Flip the muffins over COVER and COOK for another 4 minutes Slice & Enjoy!

