



ENGLISH MUFFINS



9 pieces

INGREDIENTS

150 ml milk
25 gr butter
225 g wheat flour (type 550) or
spelt flour (type 630)
pinch of salt
12 gr sugar
1.5 tsp dry yeast
2 tbsp fine polenta
flour for the workplace

PREPARATION

Heat milk and butter until tepid in a pot. Mix salt, sugar and dry yeast in a mixing bowl. Add the tepid mix of butter and milk. Knead with your mixer for about ten minutes until the dough doesn't stick to the bowl any more.

Put the bowl into the oven. Allow to rise at dough proving level 1 for half an hour. Place polenta on a plate and cover a baking tray with parchment paper. Remove bowl from the oven, sprinkle workplace with flour and knead dough with your hands before you take a rolling pin and roll it to two cm thickness. Cut 9 dough circles with a Ø 6 cm glass. Batter top and bottom of the circles in polenta and place them on the baking tray. Leave space between the muffins.

Cover the tray with tea towel and allow to rise for another 30-40 minutes at room temperature.



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PREPARATION

Preheat oven to 160°CircoTherm and heat a saucepan at level 7 on your induction hob. Reduce heat to level 5 and briefly toast the muffins on each side until slightly brown. Please be precise: after roasting the muffins in the pan, return them to the oven for exactly ten minutes. This means you need to roast and bake them individually to make sure they won't stay longer in the heat and become all dry and hard.

Break muffins with a fork in the middle (a knife would make the cut too even) and toast them either in the saucepan or a toaster before serving. Garnish with butter, jam or other toppings to your liking.