

Sourdough English Muffins

This recipe works well even if your starter is kind of old and not very active.

Preferment

starter	160 g	half ($\frac{3}{4}$ to 1 cup)
sugar	***	1 tsp
water	***	1 cup
white flour	***	2 cups

Dough

white flour	***	1 cup, more if needed (highly variable!)
preferment	***	all
baking soda	***	$\frac{1}{2}$ tsp
salt	***	1 tsp

- Make the preferment 14-18 hours before mixing the dough
- Mix the dough:
 - Mix baking soda and salt into preferment
 - Also, if you have any more starter scraps (from a second feeding), add them
 - Knead in 1 to 2 cups flour; stop adding flour as soon as dough is workable
- Wash hands
- Do a quick knead for 5 min; do not add too much flour! **Wet dough = nooks & crannies.** Be sloppy!
- Flour work surface and roll out dough with rolling pin until it's $\frac{1}{2}$ to $\frac{3}{4}$ inch thick
- Cut out muffins with cookie or biscuit cutter; place on cornmeal-sprinkled surface
- Cover and keep somewhere warm; let rise 1 hour—longer if they are not warm
- Preheat frying pan on medium low; when you add butter, it should sizzle
- Butter pan minimally
- Put cornmeal side down in pan (so other side can poof up)
- Cook muffins 4 minutes—pan side should brown
- Flip muffins and depress SLIGHTLY to create English muffin look
- Cook 4 minutes on other side
- Adjust stove heat if muffin cooks too fast/slow

*** This recipe started as a “volume” recipe.

Since it is not a very precise recipe, I did not bother to convert it to grams!