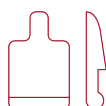




English Muffins



DIFFICULTY: EASY



PREPARATION TIME: 3.5
HOURS



COOKING TIME: 20 MINUTES



SERVES: 6

Ingredients

400g flour
7g yeast
1 tsp salt
150ml milk
125ml water
10g butter

Method

In a medium bowl, add the dry ingredients. Place the wet ingredients with the butter into a medium size saucepan and heat on level 5 of an induction or [FlameSelect](#) gas cooktop, until the butter has just melted. Add to the bowl with the dry ingredients and mix until everything has combined. Cover the bowl with cling film and place in the oven on dough prove for 3 hours.

Turn the dough out onto a lightly floured surface and roll until it is around 2 cm thick. Use an 8cm cookie cutter to cut out the muffins (with left over dough you can re roll it and cut more) spread them out evenly over a universal tray lined with baking paper, prove in the oven for a further 20 minutes.

If you have a FullSteam oven: Select FullSteam at 100°C and steam for 15 minutes. Remove from the oven and let cool. Dry the oven compartment out. Set the oven to 240°C on [CircoTherm®](#) intensive, place a universal tray on level 1 and cook the muffins for 4 minutes on one side then cooking for a further 2 minutes on the other. Remove and let your english muffins cool. Place in an airtight container.

If you have a VarioSteam oven: select CircoTherm at 200°C with a high level of steam and cook for 10 minutes then turn the muffins over and cook for a further 5 minutes. Remove from the oven and let your english muffins cool. Store in an airtight container.

If you have an oven without steam functionality: Place an ovenproof bowl with water in the oven to help create steam. Select CircoTherm at 200°C, cook for 10 minutes then turn the muffins over and cook for a further 5 minutes. Remove from the oven and let your english muffins cool. Store in an airtight container.

Notes
