

English muffins – the first version of the post

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Ingredients

- 500 g flour (depending on the type)
- 300 ml warm water
- 7 g dry yeast
- 10 g salt
- 20 g sugar
- 30 ml milk

Instructions

1. Mix the yeast with warm water and let it sit for 5-10 minutes until foamy.
2. In a large bowl, combine the flour, salt and sugar, then add the yeast mixture and milk. Knead for about 5-7 minutes.
3. Leave the dough covered for an hour to rise.
4. Roll out the dough about 2 cm thick and cut into circles. Leave to rise for another 30-45 minutes.
5. Cook on a dry hot surface until both sides are golden brown.

Notes

Source: King Arthur Baki

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