



# English Muffins

These are mixed a very long time on purpose to give the right texture. They also do the 1st rise (fermentation) for a longer time to develop flavor. Making these sourdough will give the exact deep nooks and crannies you're craving, but this one is with yeast.

## Ingredients

- 400 g wheat berries, hard

### DR. MEL'S QUICK NO-WAIT YUDANE

- 40 g water, boiling
- 20 g flour, any (from the milled flour)

### REMAINING INGREDIENTS

- 320 g water, cold
- 8 g sea salt
- 2 g yeast
- 8 g lemon, juice
- 3 g barley malt syrup (optional)
- 50 g sourdough starter, liquid (or stiff starter (optional))
- 30 g kernels, dent corn (mill corn into cornmeal, for coating the English muffins during 2nd rise and bake)

## Directions

1. Mill wheat berries on the finest setting.
2. Make the Yudane: Quickly mix yudane ingredients together at the bottom of your mixing bowl until a paste forms.
3. Pour the COLD water over the hot yudane and stir. This will immediately cool down the yudane so we don't kill our yeast.
4. Add the remaining ingredients, and mix for 25 minutes on the kneading speed setting of your mixer.
5. Let the dough do the first rise on the counter, or overnight in the fridge for more flavor. This should be done in a mixing bowl with plenty of room to rise and a lid.
6. Scale the dough into 8 - ~ 50 gram balls of dough, and then flatten them to the size you prefer.
7. Let rise on a cornmeal covered tray so they don't stick, and they have that texture characteristic of English muffins.
8. Preheat oven to 450 F. Bake 7 minutes, then flip and bake another 7. If using a griddle, bake on medium heat (375 F) for 7 minutes on each side. The center of the muffin should be 190 F when done.

## Notes