

English Style Muffins



Makes:

6 servings

Utensil:

Flatbread Pan

medium mixing bowl

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Recipe:

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Recipe Description:

English muffins, based on the yeast raised breakfast muffin known as a “crumpet,” were said to have been invented in the 19th century in America. This is a simple yeast raised bread that cooks up easily on the Flatbread Pan. Then split them open, toast and spread with your favorite topping.

2 ¼ teaspoons
active dry yeast
(9
g)
⅓ cup
warm water, room temperature
(80
mL)
1 teaspoon
honey
(7
g)
1 ¼ cups
warm milk
(300
mL)
1 teaspoon
salt
(6
g)
1 cup
all-purpose flour
(125
g)
1 cup
whole wheat bread flour
(125
g)

1 teaspoon
baking powder
(4
g)
oil spray

Directions:

1. Place yeast, warm water and honey in a bowl. Let mixture sit for approximately 5 minutes until yeast bubbles and activates.
2. Combine warm milk with activated yeast.
3. In a separate mixing bowl, combine remaining ingredients. Make a well in center and pour in liquid mixture.
4. Mix ingredients together until thoroughly combined; dough will be sticky. Cover bowl (can use a clean kitchen towel) and let dough rise in a warm spot for approximately 1 hour, until doubled in bulk.
5. Heat pan over medium-low heat until several drops of water sprinkled on pan skitter and dissipate, about 7 - 9 minutes.
6. Lightly spray interior of English muffin molds with oil; this will make it easier to get dough into molds.
7. Place 3 English muffin molds on pan and fill each mold with $\frac{1}{3}$ cup of batter, smoothing out with spoon.
8. Cook muffins for approximately 6 - 8 minutes, until golden brown (turn heat down if they are browning too quickly). Carefully turn muffins over with metal spatula and cook for an additional 6 - 8 minutes until golden brown. Remove and let muffins cool for a minute or so; then carefully remove muffin rings.
9. Cook remaining batter in same way. Do not overfill muffin rings as batter will rise when cooking.
10. To serve muffins, cut in half lengthwise and serve as is or toast and spread with butter, jam or your favorite topping.

Tips:

- English muffins can be cooled and stored in a sealed bag in refrigerator or frozen until ready to use.

Nutritional Information per

▼ Serving

Calories: 185
Total Fat: 1g
Saturated Fat: 1g
Cholesterol: 4mg
Sodium: 492mg
Total 152g
Carbs:
Dietary Fiber: 1g
Sugar: 4g
Protein: 7g