

Two Sourdough English Muffin Recipes

Bob Hurt, <http://bobhurt.com>. Recipes found on web and modified.

Sourdough English Muffins (Recipe #1 – Longer Process)

The Night Before:

- 1 cup sourdough starter (see note below)
 - 2 tablespoons honey
 - 2 cups cooled scalded milk (or reconstituted powdered milk)
 - 4 cups unbleached white flour (I like King Arthur Bread Flour)
1. Mix starter, honey, and milk in mixing bowl until smooth.
 2. Add the flour 2 cups at a time, and mix in. There's no need for gluten development now, so do not whip-just get all the flour thoroughly wet.
 3. Cover with clean towel and leave at room temperature in a draft free place.



The Next Morning:

- 1 scant teaspoon baking soda
 - 2 tsp sea salt
 - 1 to 2 cups unbleached white flour
 - Cornmeal for sprinkling.
1. Line 2 baking sheets or jelly roll pans with waxed paper and prepare a bowl of cornmeal for dipping the muffins.
 2. Stir down mixture (it will have risen considerably). If it has risen too high and fallen, no problem, just stir down the rest of the way.
 3. Sprinkle a scant teaspoon baking soda and 2 teaspoons sea salt over the surface of the dough and work in.
 4. Flour your board with 1 cup flour or more (up to 2 cups), and knead for 5 minutes. Dough should be medium stiff (go by feel -never too dry and always moist), enough to roll out.
 5. Flour board again and lightly roll dough to about 1/2 inch thick. Take a 3 inch round cutter (a bit larger diameter, different shapes, OK) and cut as many rounds as you can-rolling the left over and cutting more until the dough is all used up. Try to keep them very uniform in thickness and diameter.
 6. As you cut each round, dip and flip the rounds in the bowl of cornmeal to cover top and bottom, then place it on the cornmealed wax paper. Don't allow raw muffins to touch, as they will stick together.
 7. Allow to rise in warm place (such as the oven with the light on), covered, for about an hour or until risen noticeably.

8. Preheat an ungreased griddle to medium-low heat. You can brush griddle with a *tiny* bit of butter, until butter sizzles, but it is not necessary. Avoid a high heat setting that will burn the muffins. Griddle-bake the muffins on one side for 4 to 8 minutes and turn. Squish down a bit with spatula and pan bake other side for about 4 to 8 minutes. Turn only once so be sure the one side is cooked before turning. Note the time it takes at that heat setting to brown the bottoms of the muffins nicely. At 360°F they should bake 7 ½ minutes per side at sea level.

Sourdough English Muffins (Recipe #2, Short Process)

- 1 pkg yeast
 - 1 cup warm 110°F water
 - 1/4 cup dry milk
 - 2 tsp salt
 - 2 Tbsp melted butter
 - 2 tsp honey
 - 3 cups flour (King Arthur Bread Flour)
 - 1/2 cup prepared sourdough starter
1. Dissolve yeast in warm water
 2. Stir in milk, salt, butter, sugar and half the flour.
 3. Beat vigorously.
 4. Add starter and blend gently.
 5. Add remaining flour and knead 5 minutes to make a stiff dough.
 6. Roll out on a floured board to 1/2" thickness.
 7. Cut with large cookie cutter.
 8. Let rise 1/2 hour in warm oven (not over 110°F)
 9. Dip in cornmeal and bake on ungreased griddle @ 360°F for 7 to 8 minutes on each side.
 10. Makes 10 muffins.

Note on Sourdough Starter:

You can grow a tiny amount of starter into a sponge overnight with the following “tripling” method. You can use reconstituted [1847 Oregon Trail](#) sourdough starter or any good commercial grade of sourdough starter from [Sourdough International](#) or [King Arthur Flour](#).

1. Start with the weight of room-temperature sourdough starter in the Sponge 1 row, then add the same weight of water and flour, stir it together, cover loosely with plastic wrap, and let it sit for the corresponding time at the corresponding

temperature shown. Since a given volume of starter, when stirred down and not bubbly weighs more than water, but with bubbles (the normal condition) in it, weighs less, start with a rounded teaspoon of stirred-down starter.

2. Stir in the Sponge 2 amount of flour and water, and let it sit the corresponding time and temperature.
3. Stir in the Sponge 3 amount of flour and water, and let it sit the corresponding time and temperature.
4. You now have the amount of starter sponge needed for the recipe. It should be 9 times the weight of the original starter.

Sourdough Starter Tripling Method Measurements & Times					
Stage	Weight Grams/kg	Equiv Weight Ounces/ Pounds	Flour	Water	Time, Temp, Result
Single Recipe (Makes 1/2 cup Sponge)					
Sponge 1	5 grams	0.18 ounces	1.6 tsp	1.01 tsp	2.5 Hours @ 80F
Sponge 2	15 grams	.53 ounces	1.6 Tbsp	1.01 Tbsp	7 Hours @ 92F
Sponge 3	45 grams	1.59 ounces	4.8 Tbsp	3.03 Tbsp	8 Hours @ 92F
Sponge	135 grams	4.76 ounces			.51+ cup (sponge)
Double Recipe (Makes 1 cup Sponge)					
Sponge 1	10 grams	0.35 ounces	1.07 Tbsp	2.02 tsp	2.5 Hours @ 80F
Sponge 2	30 grams	1.06 ounces	3.2 Tbsp	2.02 Tbsp	7Hours @ 92F
Sponge 3	90 grams	3.17 ounces	9.6 Tbsp	6.07 Tbsp	8 Hours @ 92F
Sponge	270 grams	9.52 ounces			1.08+ cup (sponge)

#