

## English Muffins

For proofing yeast:

1 tablespoon instant dry yeast

2 teaspoons sugar

1 cup lukewarm water

For dough:

1 kilo (8 cups) flour

1/4 cup sugar

1 tablespoon salt

6 tablespoons oil

2 eggs

1 1/3 cups lukewarm water

Cornmeal or semolina or farina for sprinkling paper

Directions:

In a bowl or large measuring cup place the sugar, yeast and one cup of lukewarm water. Let sit for about five minutes in order to make sure the yeast is active and bubbly. In the bowl of your mixer, place the flour, sugar, salt and using a dough hook, mix briefly, then add oil, eggs, yeast mixture that's risen and the rest of the water. Knead in mixer or by hand for about 10 minutes. After kneaded, I spray oil right in the bowl and cover and let rise for an hour and a half to two hours or till doubled in bulk.

Take parchment paper or a silpat and sprinkle generously with cornmeal or semolina/farina. Gently deflate the dough and form even balls of dough, laying them on the farina and gently pressing down to form thick disks. (See pics above). Let rise again about 20-30 minutes and take a frying pan, lightly spraying with oil and wiping out with paper towel (just to keep from sticking, no frying here) and heat to medium heat not high heat. Gently take 3-4 muffin rounds and lay in heated pan and "bake" 6 1/2 minutes (this is approximate but more than 7 minutes and they will likely burn). Flip with spatula and gently press down and "bake" another 6 1/2 minutes. Remove from pan and cool on wire racks. Do this with all the remaining rounds of muffin dough. To serve, split all around with a fork (if you cut them you lose the bumpy bits that toast up so nicely) and toast. Serve with butter, jam or whatever spread suits your fancy.