



These easy sourdough English muffins cook up light and fluffy, with a delicious sourdough flavor!

Mix everything the night before and wake up to a beautiful dough that's ready to be cut out and cooked to "nook and cranny" perfection!



## Step-by-step instructions

These sourdough English muffins are simple to make, so let's dive straight into the details!

1. Feed your [sourdough starter](#) 12 hours prior to mixing dough so that it's active and bubbly.
2. In a medium-sized bowl, **mix** all of the ingredients together with your hands until they are fully combined. **Cover** the bowl and let rest for 30-60 minutes.



3. Turn the dough out onto a floured surface and **knead** for 5 minutes with your hands. (This step can also be done in a stand mixer, using a dough hook, on low speed for 5 minutes.)



4. **Place** the dough back into the bowl, **cover**, and let **rise** at room temperature for 8-12 hours at 65-70 degrees. (It will double in size.)



5. **Turn** the dough onto a floured surface, flour the top of it, and **press** it out to a ½" thickness, using your fingertips.

6. **Cut** out 3" rounds and **place** them on a parchment-lined baking sheet that's been sprinkled with cornmeal.





7. **Sprinkle** the tops with cornmeal. **Cover** with a tea towel and let **rise** at room temperature for 1 hour.



8. **Preheat** a non-stick skillet over **LOW** heat. **Place** 4 muffins into the skillet, making sure there is 2" of space in between each one. Cover and cook for 4 minutes per side. (No need to add oil to the pan before cooking.)



9. **Place** the muffins back onto the parchment paper to cool before slicing them in half.



## Tips for success

The sourdough English muffins should be cooked over a very low heat, and covered, for best results. This will allow the inside to cook evenly while the outside does not burn.

A good quality all-purpose flour works best in this recipe. I always test my recipes with King Arthur brand for consistent results.

### Don't have a kitchen scale to measure flour?

Use the **scoop and level technique to measure your flour** if you do not have a kitchen scale. To do this, use a spoon to **fluff** up the **flour** in the bag. Use a spoon to **scoop** the flour into a measuring cup until it is heaped on top. Take a butterknife and **level** off the top. This should give you the most accurate measurement for flour.

Because flour is measured by weight in these recipes, if the flour is scooped straight out of





the bag with the measuring cup, there will be more flour than is called for in the recipe.

If you do not want to knead the dough by hand, use a stand mixer with a dough hook attachment. Mix at the lowest speed for 5 minutes.

If you live in a very warm or humid environment, you may need to adjust the recipe. I recommend reducing the milk by 30g and using granulated sugar instead of honey to help the dough from being too sticky to work with. Add more liquid if the dough is too stiff.

## How to store and freeze

- These sourdough English muffins can be frozen after they have been cooked for up to 3 months.
- Store them in a container at room temperature for up to 5 days.

Make sure you try these sourdough English muffins toasted with a slab of honey butter melted on top!

## Sourdough English Muffins Recipe

These easy sourdough english muffins cook up light and fluffy, with a delicious sourdough flavor! Mix everything the night before and wake up to a beautiful dough that's ready to be cut out and cooked to "nook and cranny" perfection!

Rate this recipe!

Prep Time: 20 minutes

Cook Time: 8 minutes

Total Time: 1 day

Servings: 10

## EQUIPMENT

- Mixing Bowl
- Stand Mixer (optional)
- Baking Sheet
- Parchment Paper
- Tea towel
- Non-stick skillet with cover



## INGREDIENTS

### Ingredients to make ½ cup (100 g) of Active Sourdough Starter

- 1 tablespoon (15 g) [sourdough starter](#)
- ⅓ cup + 1 tablespoon (50 g) all-purpose flour
- 3 ½ tablespoons (50) water

## Dough Ingredients

- ½ cup (100 g) active sourdough starter
- 1 tablespoon (20 g) honey (sugar or maple syrup)
- 1 cup (240 g) milk
- 3 cups (360 g) all-purpose flour
- 1 teaspoon (5 g) fine sea salt
- ¼ cup (40 g) cornmeal (for sprinkling)

## INSTRUCTIONS

### Feed Your Sourdough Starter

- 12 hours before you plan to mix the dough, **add the ingredients to make ½ cup (100 g) of active sourdough starter to a clean jar**. Stir until combined, loosely cover the jar and let the starter rise at room temperature. *(The ingredients will create a total of 115 g active starter but, because some of it will stick to the sides of the jar during the transfer, we are making a little more than needed.)* The sourdough starter is ready to use when it has doubled in size and there are plenty of bubbles on the surface and sides of the jar.

### Make the Dough

- **Add** 100g of the active starter and the rest of the ingredients (**except corn meal**) to a large bowl and **use** your hands to **mix** until well combined. **Cover** and let **rest** 30-60 minutes. **Turn** the dough out onto a floured surface and **knead** the dough by hand for 5 minutes. *(A stand mixer with a dough hook attachment can be used on the lowest speed.)*
- **Place** the dough back into the bowl, **cover** and let **ferment** on the counter at room



temperature 8-12 hours. (Room temperature is 65-70°F)

## Cut and Cook

- **Turn** the dough out onto a floured surface, **flour** the top of the dough and **press** it out using your fingertips until it is ½" in thickness.
- **Use** a 3" biscuit cutter to **cut** rounds and **place** them on a parchment lined baking sheet that's been sprinkled with cornmeal. **Sprinkle** the tops with cornmeal, cover with a tea towel and allow to **rise** for 1 hour at room temperature.
- **Preheat** your non-stick skillet over **LOW** heat. **Place** 4 muffins into the skillet spaced 2" apart, **cover** and **cook** the first side for 4 minutes. **Turn** the muffins over and **cook** for an additional 4 minutes. (When done, the center of a muffin should register about 200°F on an instant-read thermometer.)

## NOTES

- Use the **scoop and level technique to measure your flour** if you do not have a kitchen scale. To do this, use a spoon to **fluff** up the **flour** in the bag. Use a spoon to **scoop** the flour into a measuring cup until it is heaped on top. Take a butterknife and **level** off the top. This should give you the most accurate measurement for flour.
- If you live in a very warm or humid environment, you may need to make adjustments in the recipe. I recommend reducing the milk by 30g and using granulated sugar instead of honey to help the dough from being too sticky to work with. Add more liquid if the dough is too stiff.
- Store at room temperature for up to 5 days in a container or freeze for up to 3 months.

## Nutrition

Serving: 1muffin | Calories: 161kcal | Carbohydrates: 32g | Protein: 5g | Fat: 1g | Saturated Fat: 1g | Cholesterol: 2mg | Sodium: 299mg | Potassium: 70mg | Fiber: 1g | Sugar: 3g | Vitamin A: 39IU | Calcium: 33mg | Iron: 2mg