

Sourdough English Muffins

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- 1 C sourdough starter
- 2 C water
- 2 C fresh flour (soaked would be great)
- 1-2 T yeast
- ¼ C honey
- ¼ OCO

Mix & let rest several hours or overnight. (If letting sit overnight, don't add yeast until next day.)
Then add:

- ½—1 T salt
- 4-5 C more flour

You want a wet, overworked dough. Mix 7-8 minutes. Divide and shape on a well-floured or corn meal surface. Let stand 30-45 minutes. You will get more of a rise on the griddle. Heat griddle to a medium low temp. Bake muffins until done, turning every 5 minutes. Too high temp will produce a dark surface. This is a little time consuming, but well worth the effort. (A wonderful budding baker project!)