



English Muffins

Ingredients

- 1 cup warm 1% milk,
(105°-115° F)
- 2 Tablespoons sugar
- 1 teaspoon salt
- 3 Tablespoons butter
- 1 cup warm water
(105°-115° F)
- 1 package active dry
yeast
- 5-6 cups flour
- cornmeal
- vegetable oil spray

Makes 18 muffins

Notes:

- Add ½ cup cranberries with the warm milk.
- Substitute 1½ cups whole wheat flour for 1½ cups white flour.

Instructions

1. Combine milk, sugar, salt and butter. Measure warm water into large warm bowl. Sprinkle in yeast and stir until yeast is dissolved. Stir in milk mixture and 3 cups flour; beat until smooth. Add enough additional flour to make a stiff dough. Turn out onto floured board; knead about 2 minutes, or until dough is manageable and can be formed into a ball. (Dough may be slightly sticky.) Spray a bowl with vegetable oil spray, add dough, and turn to grease top. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour.
2. Punch dough down, divide in half. On a board heavily sprinkled with cornmeal. Pat each half of dough into a ½ inch thickness. Cut into circles with a floured 3 inch cookie cutter. Place on ungreased baking sheets about 2 inches apart. Cover; let rise in warm place, free from draft, until double in bulk, about ½ hour.
3. Spray medium-hot griddle or skillet with vegetable oil spray, place cornmeal side down. Bake until well browned, about 10 minutes turn and cook other side. Cool on wire racks. To serve split muffins in half and toast.

Nutrition Facts

Serving Size 1 muffin	
Servings Per Container 18	
Amount Per Serving	
Calories 180	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 150mg	6%
Total Carbohydrate 34g	11%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 5g	
Vitamin A 2%	Vitamin C 0%
Calcium 2%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

13% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

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