

SOURDOUGH BAKING: *Made Easy*

Sourdough English Muffin “Sandwich Buns”

Key Points

- Easy to make flatbread (bread replacement).
- Freeze well.
- Makes for quick breakfasts or sandwiches.
- Even great as burger buns!

RECIPE:

Sourdough English Muffins

These English Muffins are great for sandwiches of all types... especially the sausage-egg-cheese muffin that is so well-known. They're also delicious for breakfast with butter and/or jam. Be sure to make extra and freeze them for long term storage.



Ingredients:

- ½ cup sourdough starter, fed within previous 12 hours
- 1 cup whole milk (can also use coconut milk, almond milk, etc.)
- 2 to 2¼ cups spelt flour, or more as needed
- 1 Tablespoon honey
- 1 teaspoon unrefined salt
- 1 teaspoon baking soda

Instructions:

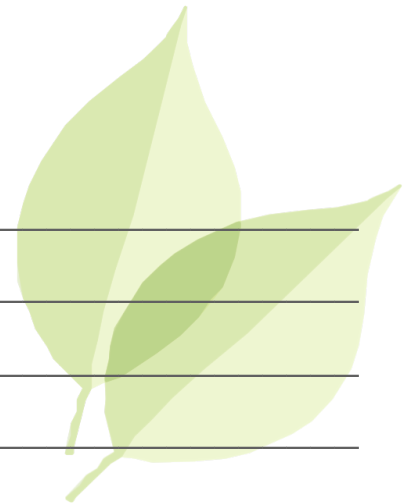
1. In a medium mixing bowl, stir together the sourdough starter and milk.
2. Add in 2-cups spelt flour mixing until incorporated. Check the dough consistency, if it is still very “wet”, add another 1/4-cup flour. Mix in to combine (you may have to use your hands at some point if the dough gets too thick). If needed, continue adding flour by the Tablespoon until you have a soft, yet sticky ball of dough.

Dough Consistency: The dough should be a little shaggy and soft, yet hold its shape well, feeling quite sticky to the touch.

3. Cover bowl and set aside for 8 to 12 hours (or slightly longer, if you desire a more sour taste).
4. After 8+ hours, sprinkle salt and baking soda over dough, drizzle in honey, and knead ingredients in until thoroughly incorporated (a dough whisk is helpful).
5. Divide the dough into 8 equal portions and shape into 2½-inch wide by ½-inch thick muffins.
6. Allow to rest for about 5 minutes.
7. Preheat a griddle or cast iron skillet to medium-low heat (the lower and slower you cook the muffins the better they will be). Lightly oil skillet as needed.
8. Place muffins in preheated skillet and cook for about 5-minutes per side; reducing heat as necessary, you do not want the muffins to brown too quickly or the insides will not “cook” properly.
9. Continue cooking remaining muffins.
10. Place on a wire rack to cool. Once cool, you may slice the muffins and enjoy right away or freeze them for later (see note below).

Makes 8 English Muffins.

NOTES



Freeze ‘em for Long-term Storage:

Insert a piece of parchment or waxed-paper between sliced cooled muffins. Place muffins inside an air-tight container, such as a large gallon zippered baggy. Store in freezer for 2 to 3 months (or more).

Frozen english muffins can be defrosted in the toaster or toaster oven for quick sandwiches or snacks.