

## ENGLISH MUFFINS

- 2 1/2 C all-purpose flour
- 1 C milk
- 1 Tbsp canola oil
- 1 1/4 tsp instant dry yeast
- 1 1/2 tsp sugar
- 3/4 tsp salt
- oil spray
- cornmeal (or semolina flour) for dusting



### RECIPE INSTRUCTIONS

In your Bosch mixing bowl (fitted with the dough hook), combine yeast, salt, sugar, and flour. While mixing on low, add milk and oil. Be sure to add enough milk to the dough so that there is no loose flour remaining in the bowl. Continue kneading the dough for 6-8 minutes. If dough continues to be sticky, add small amounts of flour until dough reaches a bread dough consistency. It should be tacky, but not stick to your fingers. Set aside and cover – allow the dough to rise until it has doubled in size (45-60 minutes). Once dough has risen, separate into equal portions (6-8) and shape into balls. Turn your seam to the bottom and place onto a lined baking sheet. Spray dough with cooking spray and sprinkle with cornmeal or semolina flour. Cover and allow for a second rise until dough has doubled in size. Cook dough ball on a greased, heated skillet (medium) and cook for 5-8 minutes (until dough starts to darken) on each side. Then place onto a baking sheet and transfer to a 350 F oven for another 5-8 minutes. Bake until cooked fully.