

ENGLISH MUFFIN BREAD

1 1/2 cups warm to hot water
2 Tbsp. honey or molasses
1/3 cup oil
2 eggs
1 1/2 tsp. salt
3-4 cups whole wheat flour
2 Tbsp. Saf yeast
1 Tbsp. Dough Enhancer
cornmeal

Place water, honey or molasses, oil, and eggs into the Bosch bowl equipped with the dough hook. Turn on speed one and mix until eggs are mixed. Place 1/2 of the flour, yeast, salt, and dough enhancer on top and turn on speed one to mix in. Add remaining flour until the dough cleans the sides of the bowl. Knead on speed 2 in the Bosch Universal Plus or speed one in the Bosch Universal for 10 min. Let rise in the bowl with the splash ring off and the bowl covered with a tea towel, until double. Punch down and divide the dough into 2 equal portions. Let rest. Grease the sides and bottoms of two 48 oz. cans and dust with cornmeal. Shape each portion of the dough into a smooth ball, and drop into a can. Cover and let rise until the dough is about 1 inch from the top of the can. Bake in 375 degree F. oven for 25 min. When bread is almost completely cooled, invert can and shake out bread, Makes 2 loaves,

NOTE: All-purpose flour may be substituted for the whole wheat flour, or 2 cups all-purpose flour may be used in place of 2 cups whole wheat flour.

ENGLISH MUFFINS

Prepare the dough as above for English Muffin bread. Roll out on a lightly greased surface to 1/2 in. thickness. Cut with a 3 inch biscuit or cookie cutter. Dip dough in cornmeal, and bake on a lightly greased griddle at 275 degree F. for 8 to 10 min. on each side, turning only once. Makes about 12.

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