

Gluten-free Sourdough Oat English Muffins

These English muffins have a nice sour tang and are full of “nooks and crannies” to hold your favorite toppings. If you use the oven technique they will have a dome that you can trim off for the characteristic flat shape. They can also be cooked in the traditional way, a griddle, but you will need to finish them in the oven to make sure they cook thoroughly without the surfaces getting too dark. Because they are made without any gums or additional starches they will be a bit more crumbly than traditional wheat muffins. Toast them and top them with a slice of organic ham, a pastured poached egg, and some [enzyme-rich Hollandaise sauce](#) for a nutrient-dense breakfast fit for a king.

Ingredients

- 1½ cups freshly prepared brown rice sourdough starter
- 1 cup water
- 2 cups gluten-free oat flour
- 1 egg
- ¼ cup butter (softened) or lard
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- 1 teaspoon salt



Instructions

1. Mix brown rice starter, water, and oat flour together. Cover loosely and let sit at room temperature 4 to 6 hours or overnight.
2. When ready to cook, stir in egg, butter, baking powder, baking soda, and salt. Batter will be thick, but spreadable.
3. Oven technique: Place six large (4-inch diameter) buttered English muffin rings on a baking sheet lined with parchment paper. Spread batter in rings, filling about $\frac{2}{3}$ full. Bake at 350°F for 20 to 25 minutes. Remove from oven, loosen muffins from rings, and cool on a wire rack. Split each muffin in half and toast.
4. Griddle technique: Place six large (4-inch diameter) buttered English muffin rings on a griddle heated to 275°F (low). Cook 10 minutes, until top is barely set and bottom surface is nicely browned. Flip over and cook an additional 10 minutes. Remove muffins from rings and transfer to a 300°F oven for 10 more minutes to cook through completely. Let cool before splitting in half.

Note: These are best served fresh within a day or so of when they are made. As with many gluten-free products, the texture becomes crumbly the longer they age, especially if they have been frozen first.

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