

Sourdough English Muffins

Ingredients:

- 1/2 cup sourdough starter
- 1 cup liquid (water, milk, fermented dairy, coconut milk, etc.)
- 2 cups flour
- Optional add-ins like seeds, dried fruit, or chopped nuts
- 1 tablespoon raw honey (or any other sweetener)
- 1 tsp sea salt
- 1 tsp baking soda



Directions:

1. Place 1/2 cup sourdough starter into a medium size bowl. Pour onto that the 1 cup of liquid. Stir to combine starter and liquid. If your sourdough starter is very stiff, you might need an extra 1/4 cup of liquid. Once combined, add 2 cups of flour to the mixture. Stir well to combine. Along with the flour, add in any optional add-ins. Cover and let your dough sit overnight, even up to 24 hours.
2. On top of your soaked dough, sprinkle 3/4 teaspoon salt (I use 1 teaspoon celtic sea salt), 1 teaspoon baking soda, and 1 tablespoon honey. Use a wooden spoon to roughly add.
3. Knead wet dough on oiled countertop for 2 to 3 minutes to fully incorporate the honey, baking soda, and salt. Then section your dough into 8 portions using a knife, bench scraper, pizza cutter.
4. With flour dusted hands, pick up a portion and gently shape it into your muffin. Place your muffins on a lightly floured or cornmealed sheet of wax paper or parchment paper. Cover with a dish towel and let rest for 45 minutes to 1 hour.

Sourdough English Muffins 2

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Directions:

5. About 5 minutes before cooking, preheat your want to griddle/skillet to medium heat.
6. Carefully transfer the muffins onto your pan. Cook the muffins for about five minutes on each side. You can take a little peek every now and again to make sure the bottoms are not getting too brown. When it is time to flip, do this carefully. Your muffins will plump up beautifully, and you do not want to deflate them by being too rough. Cook for the second five minutes. Now, if you find that the outside edge of your muffin is not as done as you like, feel free to pop these into a 350 degree oven for 5-10 minutes.

NOTES: