



# Make It Sweet.

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## English Muffins

### Ingredients

- 1 ½ tsp Yeast
- 1 ½ Tbsp Sugar
- ¼ C Dry Milk
- 1 tsp Kosher Salt
- ¾ C (6 oz) Lager Beer
- 2 Tbsp Unsalted Butter Melted
- 1 Large Egg
- 11 oz. Bread Flour

### Mix-Ins

- Dried Blueberries
- Shredded Cheddar Cheese
- Everything Bagel Mix

### Special Equipment

- 3.5" rings
- Griddle or large skillet

### Make the Dough

- In a large mixing bowl combine yeast, sugar, dry milk, salt, beer, butter and egg. Set aside for 10 minutes or until it starts to foam.
- Add flour and mix with a wooden spoon until all of the flour is incorporated.
- The dough will be very soft and somewhat sticky. Continue to work the dough with the wooden spoon for several minutes until the dough is smooth.
- Scrape out on to floured surface. Knead lightly – adding a little flour if needed. Use a bench scraper to move this soft dough around.
- Grease the bowl with pan spray or oil. Add the dough back in, turning it to lightly coat. Cover and allow to proof for 1 hour.

### Griddle and Bake

- Preheat oven to 350° F.
- Heat grill pan on medium heat.
- Weigh dough and divide into 7 equal pieces
- Round each piece – rolling in mix-ins for other flavors
- Place on semolina sprinkled sheet pan, press down lightly to make about a 3 – 3.5" disk. Use the ring as a guide to make sure the disk is a little smaller than the disk. Sprinkle the top with semolina. Allow to rest for 10 minutes.
- Place lightly greased rings on lightly greased griddle. Place the dough in the rings. Heat for 3 minutes, turn over and heat for about 3 more minutes. Remove from griddle and place back on sheet pan. Remove ring and bake in the preheated oven for about 15 minutes – until muffin temperature is 200°F.
- Store at room temperature for 3 days or a week in the refrigerator.
- To split, use a fork to see the nooks and crannies – don't slice it!
- Toast and serve with butter (homemade is best) and jam.
- Yield – 7 large muffins.

### Homemade Butter

- 1 Quart Heavy Cream
- 1 C Sour Cream
- 2 tsp Kosher Salt (optional)

Place cream and sour cream into the bowl of a stand mixer fitted with the whisk attachment. Cover and bring speed up to high. Continue whipping until the mixture is at stiff peaks. The mixture will separate and thicken into clumps. Remove the clumps (butter) from the liquid (buttermilk). Mix salt into to butter if desired. Place into a container or form into a log and cover with plastic wrap. Store in the refrigerator for 1 week or in the freezer for 1 month. Save the buttermilk too for another recipe!