

ENGLISH MUFFINS

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
281 cal	43 g	8 g	8 g	20 mg	130 mg	25 mg

Ingredient

YEAST,ACTIVE,DRY
 WATER,WARM
 SUGAR,GRANULATED
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 SALT
 SHORTENING,SOFTENED
 WATER,WARM
 FLOUR,WHEAT,BREAD
 MILK,NONFAT,DRY
 FLOUR,WHEAT,BREAD
 EGGS,WHOLE,FROZEN

Weight

2-7/8 oz
 1-1/8 lbs
 3/4 oz
 4 oz
 1 oz
 1-1/2 lbs
 4-1/3 lbs
 1-3/4 lbs
 3-5/8 oz
 10-5/8 lbs
 1 lbs

Measure

1/4 cup 3 tbsp
 2-1/4 cup
 1 tbsp
 1/2 cup 1 tbsp
 1 tbsp
 3-3/8 cup
 2 qts 1/4 cup
 1 qts 2 cup
 1-1/2 cup
 2 gal 3/4 qts
 1-7/8 cup

Issue

Method

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes. Add sugar; stir until dissolved. Let stand 10 minutes, then stir again. Set aside for use in Step 3.
- 2 Place sugar, salt, and shortening in mixer bowl. Add water; stir until shortening is melted.
- 3 Sift together flour and milk; add to sugar and shortening mixture. Beat at medium speed until smooth. Add yeast solution.
- 4 Add 1/2 of the flour mixture; mix well. Add eggs, two at a time, beating well after each addition. Add 2 remaining flour; beat to form a smooth dough.
- 5 FERMENT: Cover; set in a warm place (80 F.), 1-1/2 to 2 hours or until double in bulk.
- 6 PUNCH: Let stand 1 hour.
- 7 MAKE UP: Divide dough into 5 balls. Let rest 10 minutes. Roll dough to 1/2-inch thickness. Cut each dough piece into 20-4 inch circles.
- 8 Place cut circles in rows 4 by 6 about 1 inch apart on pans, which have been sprinkled lightly with cornmeal, about 1/2 cup per pan.
- 9 PROOF: At 80 F. for 45 minutes or until double in size.
 BAKE: Brown muffins on lightly greased griddle 5 minutes per side. Place browned muffins on sheet pans; bake 15 to 20