

# How to Make Homemade English Muffins

## Ingredients

1/2 cup Baker's Dry Milk  
1 1/4 tablespoon sugar  
1/2 teaspoon salt  
1 tablespoon shortening, melted  
1 1/3 cup water at 110 degrees  
1 4-gram envelope dry yeast  
2 cups all-purpose flour

## Directions

1. In your stand-type mixer and with the dough hook, mix all of the ingredients. Knead the dough with the dough hook for four minutes.
  2. Cover the bowl, and let the dough rise in a warm place until doubled in size, about 45 minutes.
  3. Grease a set of metal muffin rings. If you don't have muffin rings, use clean tuna cans with the bottoms and tops removed.
  4. Preheat a griddle over medium heat (250 degrees). Spray with the griddle with vegetable oil. Place the rings on the griddle and sprinkle a little corn meal into each to create a traditional crust. Place 1/3 cup of dough into each ring. Spread the dough to the edges of the ring. Sprinkle the top with corn meal.
  5. Cook the muffins for 10 to 12 minutes until the edges look set and the bottom is golden brown. Lift off the rings and turn the muffins over. Cook the second side for 8 to 10 minutes until golden brown. Split with fork and serve.
- Makes 8-10 muffins.



**The  
Prepared Pantry**  
[www.preparedpantry.com](http://www.preparedpantry.com)