

Middy English Muffins

Ingredients

300ml warm milk, about 40°C
2 tsp (7g) instant or dry active yeast
3 tbsp honey
30 grams butter, melted and slightly cooled
1 large egg
1½ tsp salt
1½ cups (180g) whole wheat/meal flour
2 cups (280g) plain flour
Semolina for handling the dough and cooking the muffins



Method

1. In the bowl of your stand mixer, hand whisk the warm milk, honey, and yeast together and allow to rest for 5 minutes, until the top is foamy.
2. Add the butter, egg, salt, whole wheat flour, and 1 cup of the plain flour, and using your dough hook attachment, beat for 2 minutes. (Note 1)
3. Add remaining flour and beat for a further 1 minute, scrape down the sides, and beat for another 1 minute. The dough will be very sticky.
4. Transfer the dough to a greased bowl, cover with cling wrap, and place in a warm location for 2 hours to allow the dough to double in size. You can continue with the next step immediately, or I prefer to transfer to the fridge overnight to increase the flavour and texture.
5. Transfer the dough to a floured pastry sheet or bench top and gently press the dough into a 2.5cm layer. Line two baking trays with baking paper and sprinkle with semolina.
6. Using a 7.5cm cookie cutter, cut out your muffins and transfer them to the baking trays, lined with baking paper and sprinkled with semolina (prevent sticking) using a spatula or your fingers. Gather the scraps together and gently reform and continue cutting until all the dough is used.
7. Heat a heavy-based frying pan on low, sprinkle with semolina, and place enough muffins in, allowing room for expansion and flipping.
8. Cook the muffins until they are lightly browned, then flip over and brown the other side, approximately 5-6 minutes per side. The internal temperature should be 93°C when cooked. (Note 2)

9. Transfer the muffins to a cooling tray for 10 minutes, then toast and enjoy.
10. Wipe the used semolina from the pan with a paper towel and repeat the process until all muffins are cooked.

Make a cuppa, toast a muffin, add your favourite , and enjoy.

Notes

1. If you do not own a stand mixer and a dough hook, you can make this recipe using a wooden spoon. Electric beaters are not advised as the dough clogs up the beaters.
2. If your muffins are browning too quickly on the outside, you can place them on a tray in the oven at 175 °C for 5 minutes or until the correct internal temperature is reached.
3. These muffins freeze perfectly for up to three months or can be eaten fresh for one week.
4. To split a muffin, pierce with a fork 360° around the edges towards the centre and gently pull apart.