

Bouchon English Muffins

Makes 12 muffins

5 and 1/3 cups of Bread Flour
2 and ¾ cups of all-purpose flour
4 tsps of Kosher Salt
5 tsps of Instant Yeast
2 and ½ tsp of sugar
1 and ¾ of a cup of warm water
1 cup of warm water

Method

- Combine yeast, sugar, and half of the water.
- Combine flours and salt.
- Combine all ingredients into mixer with dough hook and start on low speed until incorporated, then mix on medium until dough is elastic to touch – about five minutes.
- Transfer to greased mixing bowl and cover with plastic wrap for one-hour in warm location.
- Pull from bowl onto floured surface and divide into two.
- Knead dough for five-minutes until smooth.
- Transfer back to greased sheet pan and cover with damp, warm lint-free towel for thirty minutes.
- Transfer back to floured surface and roll out dough very gently almost putting no pressure on, dough heavily floured.
- Punch out dough using 4” ring mold. Transfer to sheet pan that is laid with corn meal, dusting the muffin with corn meal on top as well.
- Cover with warm, damp cloth and place in a warm place for another thirty minutes.
- Heat griddle to a medium high heat and place muffin face down until golden brown, then flip and cook to a golden brown on both sides.
- Place onto a rack on a sheet pan, after browning all muffins finish cooking in a 350°F oven until cooked throughout.
- Cool on speed rack.

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