

English Muffins

Ingredients	Weights	Measures	Method
Water Sugar Salt Shortening	3 ounce 2 teaspoons 12 ounces	5 1/4 cup	Cream ingredients together
Yeast Flour, Bread Milk, Non-fat Dry	1 1/4 ounce 12 ounce 3 3/4 ounces		Blend in dry ingredients
Flour, Bread Eggs	1 pounds 6 ounces	5 eggs	Add half of the flour mix well; then add eggs slowly. Add remaining flour

- Cut dough into 4 inch circles about 1/2 inch thick.
- Sprinkle corn meal on bottom of sheet pans
- Place on sheet pan
- Proof until double in size
- Brown muffins on lightly greased griddle (325 degrees) about 5 minutes each side
- Placed browned muffins on sheet pan and bake at 325 degrees for about 15 minutes