

J's Easy Buttermilk English Muffins

Makes 10-11 muffins

Equipment- one large electric griddle, sharp meat fork, long tweezers, 2 bowls, one 2 cup glass measuring cup(Microwaveable); measuring spoons and measuring cups for 1 cup, ½ cup and ¼ cup.

Ingredients:

3 cups all-purpose flour (divided in 2 parts) *(DO Not pack your flour. Fluff with bubble whisk, scoop and level. To much flour will effect dough.)*

1 tablespoon dry yeast

2 tsp salt

1 tablespoon sugar

1 cup buttermilk(I use Bulgarian)

1 lg egg

½ cup water

3 tablespoons butter (real)

* One cup fine cornmeal

** Muffin rings are available on Amazon

Prep: Get out griddle. Brush 11 muffin rings with butter. Sprinkle *fine cornmeal on cold griddle. Place rings on grill. * *If you don't have fine cornmeal, place one cup of regular cornmeal in processor until finely ground.*





Assemble dough:

In large mixing bowl, mix 1 ½ cup of flour, yeast, sugar, salt. Stir together.

Mix together ½ cup water, 1 cup buttermilk, heat in Microwave 1 :30 min. Stir in butter that has been chopped into small pieces. **This helps cool the liquid*

Pour mixture into flour mix. Beat 2 minutes. Add egg, beat for 1 minute.

Stir in 1 ½ cup of remaining flour with fork. Mixture sure look like this.



Spoon about 1/4 cup dough into each cup.

Dip tips of fingers in [cornmeal](#) and spread out dough toward the edge of the ring.

Cover with towel and rest for 30 min.



At the end of 30 min, the muffins should look like the photo on left.

Next, turn on griddle to 255. Set timer for 8 min. At the end of 8 minutes, turn muffins using two spatulas.

** You want the muffins lightly browned.*



Remove rings with tweezers.



Bake another 8 min. or until they spring back when touched

Remove to wire rack to cool.



When completely cold, use sharp meat fork to divide in half leaving one small area attached.

When ready to serve, place in toaster for about 4-5 min.

Serve with butter and jam.

Yummmmmmmmmmm

PS: If you find a muffin that you put too much dough in, and it balloons out the bottom, don't worry. Just bake it and when it is cold you can trim the excess off with a serrated edge knife. It takes a bit of practice to get them all even, so be patient. It is worth the time.