



Sourdough English Muffins

This recipe works well even if your starter is kind of old and not very active.

Preferment:

- $\frac{3}{4}$ to 1 cup of sourdough starter
- 1 teaspoon maple sugar
- 1 $\frac{1}{4}$ cups filtered water
- 2 cups sprouted wheat flour

Dough:

- 2 cups sprouted wheat or spelt flour
- $\frac{1}{2}$ teaspoon aluminum-free baking soda
- 1 teaspoon sea salt
- All of preferment

1. Make the preferment 14–18 hours before mixing the dough. Leave out on counter.
2. Mix the dough: Mix baking soda and salt into preferment. Knead in 1 to 2 cups of flour; stop adding flour as soon as dough is workable.
3. Do a quick knead for 5 minutes. Do not add too much flour! This can be sloppy.
4. Flour your work surface and roll out dough with a rolling pin until about $\frac{1}{2}$ to $\frac{3}{4}$ inch thick.
5. Cut out muffins with a cookie cutter or inverted glass; place on cornmeal-sprinkled parchment.
6. Cover and keep somewhere warm; let rise for 1 hour – longer if they are not warm.
7. Preheat frying pan on medium low. When you add butter it should sizzle.
8. Butter your pan MINIMALLY.
9. Cook muffins 4 minutes – down side should get brown.
10. Flip muffins and depress SLIGHTLY if needed to flatten down side.
11. Cook 4 minutes on other side.
12. Adjust stove heat if muffins cook too fast/slow.