

## Homemade English Muffins-from The Frugal Girl

Makes about 18 muffins



- 1 cup warm water (105 F)
- 1 pkg. (2 1/4 teaspoons) active dry yeast
- 1 cup milk
- 2 tablespoons sugar
- 1 1/2 teaspoons salt
- 3 tablespoons butter
- 5-6 cups all purpose flour

Dissolve yeast in warm water in a mixing bowl. Combine milk, sugar, salt, and butter, and heat to 110 F. Add to yeast mixture along with 3 cups flour. Beat for 3 minutes. Add enough remaining flour to make a soft dough and turn out onto floured surface. Knead for 3-5 minutes, or until smooth and elastic. Place in a bowl, cover with a wet tea towel, and let rise 1 hour.

Punch dough down, and divide in half. Let dough rest for 10 minutes. On a surface generously sprinkled with cornmeal, pat or roll dough to 1/2 inch thickness. Cut into circles with a floured 3-inch biscuit cutter. Place circles onto ungreased baking sheet. Cover with a dry tea towel and let rise 30 minutes.

Place risen muffins gently onto a medium-hot griddle or skillet and cook for 10 minutes on each side. Cool on a wire rack. Split with a fork and toast before serving.