

Fresh-Milled Sourdough English Muffins

Yields: 10–12 muffins

Prep time: 20 min hands-on

Fermentation time: 8–12 hr (overnight)

Cook time: 15–20 min

Ingredients

For the dough

- 1 cup (240 g) active sourdough starter, 100% hydration
 - 1 ¼ cups (300 g) milk (whole or 2%), room temperature
 - 3 tbsp (42 g) unsalted butter, melted (or coconut oil for dairy-free)
 - 2 tbsp maple syrup
 - 3 cups (420 g) fresh-milled flour
 - 1 ½ tsp fine sea salt
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Directions

1. Mix the dough (night before)

In a large bowl, whisk together starter, milk, melted butter, and honey.

Add the fresh-milled flour and salt. Mix until no dry flour remains — dough will be sticky but cohesive.

Cover and rest for 30 minutes.

After the rest, stretch and fold the dough 3–4 times (every 30 minutes) to build strength.

Cover tightly and let it ferment at room temperature overnight (8–12 hours), until puffy and doubled.

 Fresh-milled flour ferments faster — check at 6–8 hours if your kitchen is warm.

2. Shape the muffins

Turn the dough onto a floured surface.

Weigh out the dough into separate 70g balls. Let rise 45–60 minutes, until slightly puffy.

Place English muffin dough balls into English muffin pan with lid.

3. Bake

Bake the muffins (in the pan with the lid on) in a 350 degree oven for 11-13 minutes. Then, remove the

pan lid, flip the English muffins, replace the lid, and bake again for 11-13 minutes.

4. Cool and split

Cool completely on a rack before splitting with a fork (for the best “nooks and crannies”).