

Sourdough fresh milled English muffin recipe:

Perfect — here's a **sourdough English muffin recipe** specifically designed for **fresh-milled whole wheat flour** (or a blend of fresh-milled flours). It balances flavor, texture, and fermentation so you get those classic nooks and crannies with a tender crumb.

Fresh-Milled Sourdough English Muffins

Yields: 10–12 muffins

Prep time: 20 min hands-on

Cook time: 25-27 min

Ingredients

For the dough

- 1/2 cup (120 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)
- 3 tbsp **honey** or **maple syrup**
- 3 cups (420 g) **fresh-milled flour** — suggested mix:
- 2 cups hard white wheat (or red)
- 1 cup soft white wheat or spelt
- 1 ½ tsp **fine sea salt**

For dusting and cooking

- **Cornmeal** or **semolina flour**
 - **Butter** or **oil** for the griddle
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Directions

1. Mix the dough

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, until **puffy and doubled**.

2. Shape the muffins

Turn the dough onto a floured surface.

Weigh out 80g dough balls.

Roll the dough into tight balls with some surface tension

Roll the dough balls in cornmeal

Cover, let rise 45–60 minutes, until slightly puffy.

3. Cook in English muffin pan with lid

Preheat your oven to 350 degrees F

Place your pre measured dough balls covered in cornmeal in the English muffin pan and slide the lid on. (you may have to press the dough down a bit to get the lid on.)

Bake your English muffins, in the pan with the lid on, at 350 degrees F for 25-27 minutes.

4. Cool and split

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