

Miele

English muffins

By Miele

30 minutes, plus proving time

Preparation time

40 minutes

Cooking time

10 servings

Serves

INGREDIENTS

450 g (3 cups) Baker's flour
2 tsp caster sugar
2 tsp (7g) dry yeast
2 tsp salt flakes
310 ml (1 ¼ cup) milk
40 g (¼ cup) semolina
40 g (¼ cup) polenta
10 g unsalted butter, to serve

Miele accessories

Perforated steam container Gourmet tepan yaki plate

METHOD

- 1. Combine the flour, sugar, yeast, salt and milk in a mixing bowl then knead to a smooth, firm dough.
- 2. Place into a lightly greased bowl, large enough for the dough to double in size. Place the dough into the oven on Prove yeast dough for 40 minutes, or until doubled in size.
- 3. In a small bowl combine semolina and polenta. Set aside.
- 4. Turn out dough onto a workbench dusted with the semolina mix.
- 5. Using a rolling pin, roll out dough to 2cm thickness, sprinkle the top of the dough with more semolina mix and turn over
- 6. Cut discs using a 7cm pastry cutter. Place the discs onto a paper lined perforated steam container and Steam at 40°C for 20 minutes.
- 7. Increase the temperature and Steam at 100°C for 15 minutes until cooked.
- 8. Remove from the oven and allow to cool on a wire rack for 10 minutes.
- 9. Melt the butter in a frying pan or tepan yaki plate on medium heat, induction setting 6.
- 10. Brown muffins on each side for approximately 3-5 minutes until golden. Serve immediately.

Hints and tips

- Muffins can also be toasted in the oven on Fan Grill at 200°C until golden.
- Muffins can be frozen for up to 1 month.