



Long Livo

English Muffins Made Simple

15 min
Prep time

8
Servings

20 min
Cook time

Easy
Difficulty

35 min
Total time

British
Cuisine

Ingredients

Main Ingredients

- ☐ 2 cups all-purpose flour
- ☐ 1 cup whole-milk, warmed
- ☐ 1 tbsp active dry yeast
- ☐ 1 tbsp sugar

- ☐ 1 tsp salt
- ☐ 2 tbsp melted butter
- ☐ $\frac{1}{4}$ cup cornmeal for dusting

Optional Add-Ins

- ☐ 1 tsp dried herbs (like thyme) for savory twist
- ☐ $\frac{1}{2}$ cup shredded cheddar for cheesy muffins

Instructions

- 1 In a small bowl, combine warm milk, sugar, and yeast; stir lightly and let sit 5-7 minutes until foamy.
- 2 In a large mixing bowl, whisk flour and salt; make a well, pour in the yeast mixture and melted butter, then stir until a shaggy dough forms.
- 3 Knead on a lightly floured surface for about 5 minutes until smooth; cover and let rise in a warm spot until doubled, about 45 minutes.
- 4 Punch down the dough, divide into 8 equal pieces, shape into rounds, and dust each side with cornmeal. Place on a parchment-lined sheet, cover, and let rise another 15 minutes.
- 5 Preheat the oven to 375°F (190°C). Bake muffins for 12-15 minutes until golden brown. Cool on a wire rack before splitting with a fork.

Nutrition per serving

210 kcal
Calories

6 g
Protein

35 g
Carbs

5 g
Fat

Tips & notes

- If the dough feels too sticky, add a tablespoon of flour at a time.
- For extra flavor, brush tops with melted butter right after baking.
- Use a fork to split the muffins; it preserves the interior steam for perfect nooks.