



Long Livo

English Muffins – Simple, Perfect Recipe

15 min

Prep time

8

Servings

15 min

Cook time

Medium

Difficulty

30 min

Total time

English

Cuisine

Ingredients

Dough

- ☐ 2 cups all-purpose flour
- ☐ 1 cup warm milk
- ☐ 2 tbsp melted butter
- ☐ 1 tbsp sugar

- ☐ 1 tsp active dry yeast

- ☐ 1 tsp salt

- ☐ 1 large egg

Finishing

- ☐ 2 tbsp melted butter for brushing

- ☐ Sea salt for sprinkling (optional)

Instructions

- 1** In a bowl, combine warm milk, sugar, and yeast. Let sit 5-10 minutes until frothy.
- 2** Stir in melted butter, egg, and salt, then gradually add flour. Mix until a soft dough forms.
- 3** Knead on a lightly floured surface for about 5 minutes until smooth. Cover and let rise 45 minutes.
- 4** Punch down, shape into 1-inch thick rounds, and place on a parchment-lined tray. Let them proof 20 minutes.
- 5** Heat a griddle or skillet over medium-low heat. Cook muffins 5-6 minutes per side, brushing tops with butter.
- 6** Cool on a rack, then split with a fork to reveal the nooks. Serve warm with butter, jam, or egg.

Nutrition per serving

210 kcal

Calories

6 g

Protein

32 g

Carbs

6 g

Fat

Tips & notes

- If the dough feels too dry, add a splash of milk.
- For extra crispness, toast the split muffins lightly before serving.
- You can freeze cooled muffins; toast directly from freezer.