CENTRAL MILLING

WHOLE GRAIN ENGLISH MUFFINS

Created by Craig Ponsford – Master Baker, Owner of Ponsford's Place Bakery & Innovation Center

This delicious muffin is actually a small, round, yeast-leavened bread prepared on the griddle. Traditionally served split with a fork, toasted and buttered, English muffins are commonly served in the United States for breakfast. This version offers a bit more complexity in flavor thanks to the Type 110 sifted wheat flour.

Overview

Desired quantity of dough	grams	2160
Unit Weight	grams	~180
Number of Units		12

Straight Dough

	Baker's %	Weight (g)
Organic Type 110 Flour ↗	100	1054
Powdered Buttermilk	3	32
Water	90	948
Salt	2	21
Instant Yeast	2	21
Apple Sauce	5	53
Butter, Unsalted	3	32
Total	**205**	**2160**

Technical

Dough temperature		74–76˚F
Mixing	Mixer:	Any
	Time:	5 min
	Style:	Short
First fermentation		3 hrs
Folding	3 folds	Every 40 min
Dividing		~180g
Shaping		Biscuit cutter
Proofing	Rm temp	30 min
Cooking		Griddle or Skillet
	Med/hi heat	6–8 min per side
Baking*	350°F	~5 min

*If needed

Process

In a stand mixer—or spiral if you're scaling up—combine all the ingredients. Mix for 5 minutes on low speed. Stop the mixer and let it rest in the bowl for 3 hours (or, in a tub if you cannot tie up the bowl), folding 3 times every 40 minutes.

The dough should be cloud-like, similar to Ciabatta. Flour the dough well and bring onto the bench. Dust top of dough well and lightly flatten to be equally leveled, one-inch-thick. Using a 3-inch biscuit cutter, cut dough into rounds, approximately 180g each, and lay on bagel board (or cutting board) sprinkled with cornmeal. Proof at room temperature (~75°F) for about 1/2 hour, then turn dough onto more cornmeal so it's on both sides.

Turn griddle on medium/high heat after setting dough out to proof.

Slide muffins off on to griddle and, like pancakes, wait until the sides gelatinize before turning. Monitor your heat so that the muffin does not caramelize too quickly. If needed, finish in oven set to 350°F for ~5 minutes.

Let cool completely before enjoying.