

Sourdough Discard English Muffins



Ingredients

- 100g ripe sourdough starter
- 270g water, lukewarm
- 9g salt
- 40g honey
- 28g butter, melted
- 360g whole wheat flour
- Semolina for dusting

Preparation

1. Stir together starter, water, salt, honey, melted butter and whole wheat flour until well incorporated. Cover and allow to rest in a warm place for 30 minutes.

2. **Bulk ferment (about 6 hours at 75°-80°F):**
Perform the first of three sets of stretch-and-folds on the dough at 30-minute intervals. Cover between sets. Allow the dough to rest for the remainder of bulk fermentation (until the dough has doubled in size.)
3. Line a half-sheet pan with parchment paper and sprinkle lightly with semolina. Flour the bench and gently turn out dough in one mass. Avoid deflating the dough. Sprinkle dough with another dusting of flour, and use your scraper to flip the dough, if necessary, so the smoothest side is up.
4. Set oven to 350°
5. Gently roll the dough with a rolling pin to 1/2-inch thickness without degassing the dough. Cut into as many rounds as possible with a biscuit cutter. Re-roll scraps only once to cut the last muffins and discard any remaining scraps.
6. Place muffins evenly spaced on the prepared pan and sprinkle with additional semolina. Cover the pan with plastic wrap and allow to proof for 20 minutes. Meanwhile, preheat the oven to 350°F. Preheat a skillet on the stove over medium heat (or set an electric griddle to 300°F).
7. Cook muffins on a preheated skillet for a couple minutes per side until lightly golden and return to the prepared pan. Bake on the center rack of the oven for about 12 more minutes. Remove to a cooling rack.