

English Muffins

From Bakingbetter.com

1 cup milk
¼ cup shortening
2 tablespoons sugar
1 packet yeast (2 ¼ teaspoons)
1 cup lukewarm water (110-115 degrees)
6 cups all purpose flour
1 ½ teaspoons salt

Warm the milk in a saucepan or in the microwave until steamy and bubbles form around the edge, don't boil. Remove from heat and add shortening, let sit until lukewarm 15-20 minutes.

Combine the lukewarm water, yeast and sugar in bowl, let sit until bubbly and foamy. Add remaining ingredients and stir to make a soft dough. Knead until dough is smooth and elastic, it should be soft and a bit tacky, but not sticky, if sticky, add small amounts of additional flour until no longer sticky.

Place dough into oiled bowl and flip to coat with oil. Cover and let rise until doubled in bulk.

Dust counter with flour, scrape dough onto counter without punching down. Dust the top with flour, and gently roll out to a ½ inch thick. Dust a baking sheet with cornmeal and place rounds on sheet. Dust the tops with a bit of additional cornmeal. Cover and let rise for 30-40 minutes.

Preheat griddle to 325 degrees, or a frying pan to medium-low heat. Carefully place rounds on griddle, and cook for 8-9 minutes, checking after a few minutes to make sure that they are browning properly, adjust heat as needed. Flip and cook for an additional 8-9 minutes on the second side. Remove to cooling rack. Fork split, and toast.