
English Muffin Loaves

Makes 2 loaves

Bake at 400° for 25 minutes

Ingredients:

- 2 cups of milk
- ½ cup of water
- 5-6 cups all-purpose flour (divided)
- 4 ½ teaspoons active dry yeast (or 2 packages)
- 1 tablespoon of sugar
- ¼ teaspoon baking soda
- Spray oil for pans
- Cornmeal for dusting

Procedure:

1. Preheat oven to 400°.
2. Grease and sprinkle with cornmeal the loaf pans. Tap upside down to remove excess cornmeal.
3. Combine milk and water in small saucepan. Heat over low heat until very warm (120° F to 130° F).
4. Place 4 of the 6 cups of flour in the mixing bowl of your stand mixer. Add the yeast, sugar, salt and baking soda. Attach dough hook. Turn to speed 2 and mix for 15 seconds. With mixer on 2, gradually add warm liquids to flour mixture, about 30 seconds. Scrape down sides with spatula and mix 1 minute longer on speed 2.
5. Continuing on speed 2, add remaining flour ½ cup at a time. (you may only use 5 ½ cups). Knead on speed 2 for 2 minutes longer. Dough will be very sticky.
6. Using a spatula, scoop and spread dough into two 8 ½ x 4 ½ x 2 ½ loaf pans that have been greased and sprinkled with cornmeal. Wet fingers to help with sticky dough. Cover loosely with a kitchen towel and let rise in warm place free from draft until doubled in size – 30 to 45 minutes.
7. Bake at 400°F for 25 minutes. Remove from pans immediately and let cool on wire rack. Slice when cool, toast, butter and enjoy.



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