

WHOLE-WHEAT SOURDOUGH ENGLISH MUFFINS

(adapted from Wild Yeast blog)

For the sponge (make the day before baking)

110 g sourdough starter (at 100% hydration)

160 g bread flour

100 g whole wheat flour

276 g milk

for the dough

all the sponge

75 g bread flour

3/4 tsp salt

1 tsp baking soda

1.5 tsp honey

Combine all the ingredients for the sponge in a medium bowl, cover and keep at room temperature for 8 to 12 hours.

Add the dough ingredients and mix to combine. Let the mixture sit for 10 minutes, then knead by gently folding a few times in the bowl. Cover and repeat this minimal kneading two more times over a 45 minute period. Do not add more flour, it will be a little sticky, but with time it will gain body and be easier to handle.

Flour the counter, pat the dough gently over it, cut in 8 pieces and form each one very gently into a flat circle. Place them over a floured parchment paper (dusted with semolina flour or cornmeal if you like), sprinkle flour on top and cover. Allow them to rise for 1 hour.

Cook them on a very hot griddle (450F) slightly coated with oil. Cook them 7-8 minutes per side, but make sure to flip them in the beginning every 2 minutes, this will ensure nicely shaped muffins. Cool completely before splitting them (preferably using a fork).