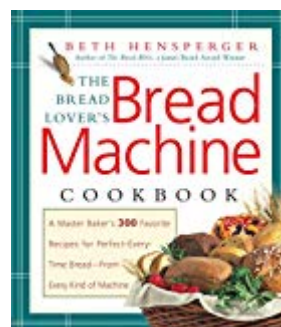


Whole Wheat English Muffins in Your Bread Machine

English muffins practically make themselves. And if you have a bread machine, its even easier because you can do other things while the dough gets kneaded and goes through its first proof. We got this bread machine about a year ago and I have not bought supermarket bread since then. It is so easy to make bread in this machine you can't come up with an excuse not to – even when you're tired after work. So I make the sandwich bread for the kids' lunches, I use it to make brioche dough when I'm in a hurry and even naan dough. I do love to make bread by hand but this is great when you're trying to bring a lot of components together quickly.



I also love this this bread machine



cookbook and use it exclusively : I adapted the recipe for my whole wheat English muffins from the one in this book. I really needed one that would turn out good English muffins consistently. As you may know I like to buy kitchen gadgets and the last one I convinced my husband to buy was this lovely item:



Now it really is awesome but the first thing he said when we got it was “I hope you can keep up with the English muffins or I’m going to have to buy them from the store” or something to that effect. He knows that no 5-word phrase gets my blood boiling like “buy them {it} from the store.” It is like waving a red flag in front of a bull.

Needless, to say I can’t keep up with the English muffins every week but when there are no homemade English muffins then I make sure that the breakfast sandwich maker somehow magically disappears.

These are the English muffin rings I use:



Here are the step by step pictures but the video is much more entertaining in my opinion:



Once dough cycle is complete, turn out dough onto a lightly floured surface.



Divide into 12 equal pieces and roll into balls.



Flatten slightly and let rise in the English muffins rings on a griddle. After the final proof, set the griddle on a cold stove, then bring to medium heat and cook for about 5 minutes on each side.



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