**English Muffins** Yield: 8 servings

**Ingredients**

2 1/2 cups bread flour, plus more for kneading

2 tablespoons sugar

1 1/4 tsp. yeast

1 tsp. salt

1/2 large egg

1 cup whole milk

1 tbsp. coconut oil

Coarse cornmeal, for sprinkling

Cooking spray

Butter and jam, for serving (optional)

**Procedure**

Preheat oven to 400\*.

Combine the flour and salt in the bowl of a stand mixer. Add the egg but don't stir it in yet.

Heat the milk, sugar, and coconut oil in a saucepan until a thermometer reads 110\* F. (If the milk is too hot, it will kill the yeast.) Add the yeast and allow to sit for a few minutes, until bubbles form on top.

Pour the milk mixture into the flour mixture. Avoid pouring it directly on the egg-you don't want the warm milk to cook it.

Using the dough hook, mix on medium speed until the dough comes together and starts to pull away from the sides of the bowl, 3 to 4 minutes. Scrape down the sides with a rubber spatula, if needed. The dough will look a little irregular in texture. Knead with dough hook for a few more minutes, until you have a smooth dough.

**Form the muffins.**

Line 1 baking sheet with parchment paper and sprinkle with cornmeal; set aside. After the dough rises, punch it down and press it out to 1” thickness. Cut out with a 3” biscuit cutter. Place the muffins on the baking sheets.

**Cook the muffins.**

Heat a 12-inch cast-iron skillet over medium heat. Coat the skillet with cooking spray and liberally sprinkle with cornmeal. Working in batches, cook the muffins until they are deep golden brown, 5 to 9 minutes per side. If they start to rise in a domed fashion, flatten them with a spatula. Place muffins on the baking sheet and bake for 10-12 minutes longer.

Let the English muffins cool completely, then split open, toast and serve with butter and jam.