

TIM FARMER'S COUNTRY KITCHEN

ENGLISH MUFFINS

*3 tablespoons sugar
1/4 ounce rapid yeast
1 cup warm water*

*3 cups flour
1 teaspoon salt
1/2 cup water extra*

*Corn meal
Butter*



Mix together sugar, yeast and water and let sit for 5-10 minutes. Stir in rest of ingredients until a sticky dough forms. Cover and set aside for 1-2 hours to let rise. Pour onto floured surface and knead until no longer sticky. Separate into 6-8 sections (depending on size you want) and roll into smooth balls. Coat with cornmeal and cover and let rise for 1 hour. In skillet, melt butter and sear muffins on both sides until brown. Then place in 350 degree oven for 20-25 minutes.