



Sourdough English Muffins

Prep Time: 15 mins

Cook Time: 30 mins

Rest Time: 12 hours

Total Time: 12 hours 45 mins

Servings: 10-12 biscuits

Ingredients

Dough

- $\frac{3}{4}$ cup water
- $\frac{1}{2}$ cup milk
- $\frac{1}{2}$ cup sourdough starter
- 1 tbsp honey
- $\frac{1}{2}$ tsp salt
- $\frac{1}{4}$ tsp baking soda
- 4 cups all purpose flour

Directions

1. In a medium sized bowl, combine water, starter, milk, salt and honey.
2. In a small bowl, whisk together the flour and baking soda.
3. Fold the flour mixture into the wet ingredients. Mix until well combined
4. Lightly flour a flat surface. Turn out the dough and knead for 3-5 minutes or until there is not visible dough left in the dough ball.
5. Place the dough back into the medium bowl, cover with plastic wrap and let it sit overnight at room temperature.
6. After the bulk fermentation period, turn dough out on a flat surface sprinkled with flour or cornmeal. Flatten dough out to about $\frac{1}{2}$ " thickness.
7. Using a biscuit cutter, or cup edge, cut rounds out of the dough to form biscuits.
8. Heat a cast iron skillet, or non-stick pan, over medium-low and drizzle with oil.

9. Once pan is warm place 4-5 biscuits in the pan, cooking for 5-8 minutes on each side, or until golden brown on each side
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