



English Muffins

Description

Are you searching for a perfect gluten-free breakfast option? Look no further! Our homemade gluten-free English muffins are the answer. These muffins are light, fluffy, and perfect for any meal.



STEP-BY-STEP INSTRUCTIONS:

1. Mix flour, sugar, salt, and yeast together in a big bowl.
2. Beat the milk and butter using a mixer for 5 minutes or until the dough comes together.
3. Then place the dough into a well-greased bowl and cover with a kitchen towel.
4. Place your dough in a warm area for 2 hours.

5. When the dough is ready and has doubled in size, roll it on a lightly floured surface to about $\frac{1}{2}$ inch thick.
6. Cut the muffins with a cookie cutter or a round glass.
7. Then sprinkle the cornmeal on waxed paper and place the dough rounds on top.
8. Sprinkle cornmeal on the tops, cover, and allow it to rise for 30 minutes.
9. Heat a greased skillet over medium heat.

10. Cook your muffins on the hot skillet until lightly browned, about 5 to 7 minutes per side, until they get golden brown.
11. Take out the muffins from the skillet and allow them to cool fully before splitting and toasting.

Gluten-Free English Muffins

Easy Gluten-Free English Muffins

INGREDIENTS:

- 3 cups all-purpose gluten-free flour
- 1 $\frac{1}{2}$ teaspoons xanthan gum (add this if your flour blend does NOT include it)
- 1 tbsp granulated sugar
- 2 tsp salt
- 2 tsp instant yeast
- 2 cups whole milk, warm
- $\frac{1}{4}$ cup butter, melted
- $\frac{1}{4}$ cup cornmeal, or more as needed

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TIPS:

Use High-Quality Gluten-Free Flour

Choosing a good gluten-free flour blend is crucial. Look for a blend that includes a mix of rice flour, tapioca starch, and potato starch for the best texture.

Proper Yeast Activation

Activate the yeast in warm milk (about 110°F) with a little sugar to ensure it's active and frothy. This step is essential for a good rise.

Accurate Measurements

Measure your ingredients precisely. Gluten-free baking can be sensitive to changes in ingredient quantities, so use a kitchen scale if possible.

Don't Skip the Second Rise

Allowing the dough to rise twice ensures a light and fluffy texture. Be patient and let the dough rise fully in both stages.

FAQs:

What is the best gluten-free flour blend to use?

Look for a blend that contains a mix of rice flour, tapioca starch, and potato starch. These ingredients provide the best texture for gluten-free baking.

Can I use dairy-free milk and butter?

Yes, you can substitute dairy-free milk and butter. Almond milk, soy milk, and coconut milk work well, as do dairy-free butter alternatives.

How do I know if my yeast is active?

After mixing the yeast with warm milk and sugar, let it sit for about 5 minutes. It should become frothy and bubbly, indicating that it's active.

Category

1. High Protein Recipes

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