

Choco Fever Dream

English Muffins Made Simple

15 min Prep time	**20 min** Cook time	**35 min** Total time
8 Servings	**Easy** Difficulty	**British** Cuisine

Ingredients

Main Ingredients

- [ ] 2 cups all-purpose flour
- [ ] 1 cup whole-milk, warmed
- [ ] 1 tbsp active dry yeast
- [ ] 1 tbsp sugar
- [ ] 1 tsp salt
- [ ] 2 tbsp melted butter
- [ ] ¼ cup cornmeal for dusting

Optional Add-Ins

- [ ] 1 tsp dried herbs (like thyme) for savory twist
- [ ] ½ cup shredded cheddar for cheesy muffins

Instructions

1. In a small bowl, combine warm milk, sugar, and yeast; stir lightly and let sit 5-7 minutes until foamy.
2. In a large mixing bowl, whisk flour and salt; make a well, pour in the yeast mixture and melted butter, then stir until a shaggy dough forms.
3. Knead on a lightly floured surface for about 5 minutes until smooth; cover and let rise in a warm spot until doubled, about 45 minutes.
4. Punch down the dough, divide into 8 equal pieces, shape into rounds, and dust each side with cornmeal. Place on a parchment-lined sheet, cover, and let rise another 15 minutes.
5. Preheat the oven to 375°F (190°C). Bake muffins for 12-15 minutes until golden brown. Cool on a wire rack before splitting with a fork.

Nutrition per serving

210 kcal	6 g	35 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the dough feels too sticky, add a tablespoon of flour at a time.
- For extra flavor, brush tops with melted butter right after baking.
- Use a fork to split the muffins; it preserves the interior steam for perfect nooks.