



# WHOLE WHEAT ENGLISH MUFFINS



## Breville

800 CLASS MIXER

**The perfect breakfast recipe, these classic, old-fashioned English muffins are great slathered with butter and plenty of homemade jam. The wholewheat flour gives them a wholesome, nutty taste.**

200g all-purpose flour  
100g whole wheat/Nutty wheat flour  
10g instant dry yeast  
1tsp salt  
15g butter, room temperature and cut into small pieces  
15g caster sugar  
1 large free-range egg  
160ml milk, at room temperature  
2Tbsp fine polenta

Main equipment:  
**Breville 800 Class Mixer**

Place the flour, salt, sugar, butter and yeast into the Breville Mixer bowl with paddle attachment. Lightly beat the egg and milk together and add it to the flour and mix slowly until it forms a soft dough.

Replace the paddle attachment with the dough hook and knead the dough for 10 minutes.

Place the dough ball into a lightly greased clean bowl and cover with cling film. Set in a warm place to prove for about 1 hour to 1 ½ hours and until the dough has doubled in size.

Roll the dough out onto a lightly floured surface to about 1.5cm thick. And allow it to stand for 15 minutes to relax. Using an 8.5cm – 9cm straight sided cookie cutter, cut out 8 muffins. You may need to re-knead the last bits to make the 8th muffin. Line a baking sheet with non-stick baking paper and sprinkle lightly with 1 tablespoon of the polenta. Place the muffins on this allowing space in between. Sprinkle the other tablespoon of polenta over the top. Return to a warm spot for another 30 – 40 minutes to rise a little more.

Heat the Breville non –stick frying pan to 8, and then cook 6 of the muffins at a time with the lid on for about 10 minutes a side. They are ready when they are brown on both sides and cooked through.

Serve them toasted with butter and jam.



Click Here To Buy This **Breville** Appliance Now ►

PDF ▼

View More Recipes ►