

Traditional English Muffin



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- Sub Category Name
Food
Savory
- Recipe Source Name
Real High Tea Australia Volume 2

Ingredients

Traditional English Muffin

Sponge dough

- 290ml milk
- 200g plain flour
- 8g yeast
- 300g plain flour
- 500g bread flour
- 35g sugar
- 8g salt
- 12g baking powder
- 100g butter
- 300ml water

Mayonnaise lime and yuzu

- 1 egg yolk
- 1 tbsp mustard
- Salt as required
- Pepper as required
- 1 tsp kaffir lime
- 1 tsp yuzu
- 1 cup sunflower oil

Cherry jelly

- 200g cherry purée
- 25g sugar
- 3g agar agar

Methods and Directions

Traditional English Muffin Sponge dough

- Place all ingredients in a mixer.
- Knead for 4 minutes at the first speed, then 5 minutes at the second speed until the dough has become very smooth
- Let it rest for 20 minutes.
- Punch down and rest for 10 more minutes.
- Roll out the dough to 2.5cm thicker using semolina flour or corn mill to dust table.
- Portion the dough with pastry cutter at 8cm diameter.
- Place on baking tray and let proof for 20 minutes.
- Bake for 15–20 minutes in a deck oven at 210°C.

Mayonnaise lime and yuzu

- Prepare the work place.
- Scale the ingredients.
- Prepare the mayonnaise and add kaffir lime and yuzu.

Cherry jelly

- Warm the cherry purée at 85°C.
- Add sugar and mix well with agar agar.
- Keep aside to set.

