

Vegan English Muffins

My take on the English Muffin. Minimal ingredients and takes some time but so worth it when they're ready to eat, simply with Vegan Butter or filled with Tofu, Facon and Vegan Sausage. Nom Nom!

Ingredients

500g Strong White Flour
375g Oat Milk – I use MOMA Barista Edition
8g Fast Action Yeast (1 sachet)
10g Salt
Semolina for dusting



Method:

Add the flour, salt and yeast to the bowl of a stand mixer and mix to combine.

Add the milk and using a dough hook, mix for 6 – 8 minutes.

Transfer the dough into a bulking container, cover and leave in the fridge for 12 hours.

Line a Baking tray with a layer of semolina and place about 100g semolina in a side dish

Weigh the dough and then turn out onto a clean surface.

Divide the dough into even pieces and then roll into tight dough balls.

Take a dough ball and dip one side onto the side dish then place it upside down on the baking tray.

Both top and bottom should have Semolina on then with the sides remaining naked.

Repeat with all the dough balls then allow to rest for 20 – 30 minutes.

Preheat the oven to 200C Fan and heat a Cast Iron Pan on medium heat.

Without crowding the pan, place the semolina side of the dough ball in the pan and toast for 5 minutes.

Turn over onto the other semolina side and toast for 5 minutes.

You can then either place the cast iron pan in the oven with the muffins and bake for 15 minutes or transfer the muffins to a lined baking tray and bake for 15 minutes.

Allow to cool for at least 10 minutes before cutting open using a fork.