

ENGLISH MUFFIN BREAD LOAVES

F EASY

Last Modified: 04/15/2014

PREP: 15 Min

COOK: 35 Min

OVEN: 375

BREADS

MAKES 2 LOAVES

QUA	MEASURE	INGREDIENT	PROCESS
5	Cups	All Purpose Flour	
2	1/4 Oz	Packets Dry Active Yeast	
1	Tbsp	Granulated Sugar	
2	Tsp	Kosher Salt	
1/4	Tsp	Baking Soda	
2	Cups	Warm Whole Milk (120 ~ 130 Degrees)	
OR FOR A SOURDOUGH-LIKE MUFFIN			
2	Cups	Warm Buttermilk (120 ~ 130 Degrees)	
1/2	Cup	Warm Water (120 ~ 130 Degrees)	
1	Tbsp	Olive Oil	
		Corn Meal (Fine Ground)	

PREPARATION

FACTOID	These Loaves are EXTREMELY quick and easy. Just mix, pour into the tins and bake. Full of air pockets for plenty of Butter and to toast up divinely. You need to mix the batch as quickly as possible because the longer the batter is mixed for, the tougher textured the Muffin Loaf will end up.
OPTION	You can optionally "flavor" the Loaves by mixing in Cinnamon, Raisins, Dried Cranberries or Dried Cherries - Adjusting the baking times appropriately.
OPTION	By substituting Buttermilk for the Whole Milk, you will end up with a "tangy" Loaf that is not unlike a Sourdough Muffin.
TOOLS	1) 2 - 8" x 4" Bread Loaf Pans 2) Stand Mixer & Dough Hook Head 3) Wire Rack
PREP	DISH 1) Heat the Milk and Water in the microwave until it feels warm to the touch and set them aside. 2) Preheat the oven to 375 degrees with a rack just below center.
1	1 Hour Before: In a stand mixer with a dough hook head on low speed, combine 2 cups of Flour, the Yeast, Sugar, Salt and Baking Soda. Add in the Warm Milk or Buttermilk and the Warm Water; beat for 30 seconds, scraping the bowl occasionally. Beat on high speed for 3 minutes more.
2	45 Minutes Before: Stir in the remaining Flour (the Batter will be stiff). Do NOT knead. Grease two loaf pans. Sprinkle the pans lightly with Corn Meal. Pour equal amounts of the Batter into the pans and sprinkle a little Corn Meal on top. Cover with non-stick spray coated plastic wrap and let rise in a warm place until doubled in size, about 45 minutes.
3	Bake the Loaves for 35 minutes until golden brown. Remove from the pans immediately and allow them to cool on a wire rack.
SERVE	Thinly slice, toast, Butter and enjoy.
HINTS	These Loaves freeze nicely. Wrap them individually in plastic wrap and freeze them for up to 3 months. Thaw overnight on the countertop.

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