









MODERNIST ENGLISH MUFFINS

For this Modernist update on the classic English muffin, the addition of polydextrose contributes to a crispier crust on the muffins. And we have added glycerin to achieve larger and more abundant

bubbles in the crumb, all the better to hold little pools of the butter you'll be spreading on after toasting. Since glycerin is a humectant, its inclusion also produces a moister crumb.

TOTAL TIME  Active 15 min Inactive 20 h 54 min	DDT  24-26°C / 75-78°F	DIFFICULTY  Moderate: dough handling	 Moderate: shaping	 Moderate: cooking	COOK  ★ Griddle	 ★ Skillet	YIELD / SHAPE  8 English muffins
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INGREDIENTS	WEIGHT	VOLUME	%
For the Poolish			
Bread flour	140 g	1 cup	100
Water	140 g	½ cup	100
Instant dry yeast	0.14 g	⅓ tsp	0.1
For the Dough			
① Water	250 g	1 cup	55.55
Instant dry yeast	3 g	1 tsp	0.66
Glycerin	12 g	2½ tsp	2.66
② Poolish	280 g	all from above	57.78
Stiff levain, mature see page 3-54	90 g	⅓ cup + 1 Tbsp	20
③ Bread flour	450 g	3⅓ cups	100
Polydextrose	6 g	1½ tsp	1.33
④ Fine salt	12 g	2¼ tsp	2.66
Cornmeal	as needed		
Clarified butter see page 202	as needed		
Yield	~1.00 kg		

NET CONTENTS	Weight	%
Ingredients		
Flour	625 g	100
Polydextrose	6 g	0.96
Glycerin	12 g	1.92
Water	425 g	68
Yeast	3.14 g	0.5
Salt	12 g	1.92

Follow the instructions for the English Muffins recipe on page 46.

