



ENGLISH MUFFINS

Ingredients:

450 gr flour
7 gr dry yeast
1.5 tsp salt
1 tsp sugar
30 gr butter
1 egg
240 ml milk
4 tbsp semolina
1 tsp neutral oil

Supplies:

Shichirin
Binchotan
Teppanyaki plate
mixing bowl
mixer with dough hooks

PREP TIME

Heat the milk to 26°C add the sugar and yeast and leave to stand for a while. Put the flour, salt, butter, egg and milk in the bowl of the food processor. Let the food processor mix for about 10 minutes. Make a nice ball of the dough and cover the bowl with a tea towel and let it rise for one hour in a dry and warm place.

After one hour, sprinkle a little semolina on your work surface. Remove the dough from the bowl and make 10 equal balls of this and flatten them until they are about half a centimetre high.

Pass them through the semolina and place them on a baking tray. Cover them and let them rise for another 45 minutes.

When the dough has risen, light a medium amount of Binchotan, close the sliders of the Shichirin almost all the way and let it get to a good temperature. Place the Teppanyaki plate on the Shichirin.

Kamado set up:

Direct heat

PREPARATION

Grease the plate with a little oil and bake the muffins for about 10 to 15 minutes until golden brown.