

Fresh Milled Sourdough Discard English Muffins

Crafted with Fresh Hard White Wheat, Soft White Wheat & Fresh Discard

YIELD	PREP / REST	COOK TIME	KEY GRAINS
8 – 10 Muffins	25m / 45m Rest	16 – 20 Mins	Hard & Soft White

INGREDIENTS

FRESH MILLED GRAIN PROFILE 65% Hard White Wheat for elastic structure & spring. 35% Soft White Wheat (or Spelt / Einkorn) for tender, airy crumb.	
Fresh Milled Hard White Flour Fine pastry/bread mill setting	240 g (~2 cups)
Fresh Milled Soft White Flour Sub Spelt or Einkorn if preferred	110 g (~7/8 cup)
Sourdough Discard 100% hydration (Hard White base)	200 g (~3/4 cup)
Whole Milk Lukewarm (~95°F / 35°C)	180 g (~3/4 cup)
Unsalted Butter Melted & slightly cooled	28 g (2 tbsp)
Raw Honey Or maple syrup	21 g (1 tbsp)
Fine Sea Salt	7 g (1¼ tsp)
Baking Soda Creates nooks + lifts acid	4 g (¾ tsp)
Cornmeal / Semolina For dusting griddle & tray	30 g (¼ cup)

METHOD

- 1 Mill & Combine Wet Ingredients**
Freshly mill your Hard White and Soft White wheat berries on a fine setting. In a large bowl, whisk lukewarm milk, sourdough discard, melted butter, and honey until smooth.
- 2 Mix Dough & Flour Rest (Autolyse)**
Add fresh milled flours, sea salt, and baking soda to the wet mixture. Stir until a shaggy, cohesive dough forms. Cover and let rest at room temperature for **25–30 minutes**. *This crucial step allows fresh bran to fully hydrate and soften.*
- 3 Knead to Develop Structure**
Knead dough on a lightly oiled surface or in a stand mixer for 4–5 minutes until soft and supple (it should feel slightly tacky but workable).
- 4 Shape & Cornmeal Rest**
Divide dough into 8–10 equal pieces (~80g each). Roll into smooth balls, flatten gently into ¾-inch thick rounds, and coat both sides thoroughly in cornmeal. Place on a baking sheet sprinkled with cornmeal. Cover loosely with a towel and rest for **35–45 minutes** until puffy.
- 5 Griddle Cook (Skillet or Cast Iron)**
Preheat a heavy cast-iron skillet or griddle over medium-low heat (300°F / 150°C). Cook muffins for **8–10 minutes per side** until deep golden brown and the internal temperature reaches 200°F (93°C). *Keep heat gentle so the center bakes without burning the crust!*
- 6 Cool & Fork-Split**
Cool on a wire rack for at least 20 minutes. **Always split open using a fork** around the perimeter to reveal maximum nooks and crannies!

HOMESTEAD BAKER'S NOTES & GRAIN VARIATIONS

- Grain Substitution Flexibility:** You can swap the Soft White Wheat 1:1 with fresh milled **Spelt** or **Einkorn** (Iron Corn). Einkorn brings a rich, golden hue and buttery flavor, while Spelt adds a delicate nuttiness.
- The Soda Secret:** Baking soda neutralizes the acid from sourdough discard while reacting with it to create pockets of carbon dioxide — giving fresh-milled muffins their signature porous texture.
- Overnight Option:** After shaping (Step 4), cover and place the sheet pan in the fridge overnight. In the morning, let rest at room temp for 25 minutes, then griddle straight away for breakfast!