

Whole Wheat English Muffins

- 1 pkg. active dry yeast, or
1 Tbl. dry yeast
 - ½ C. warm water, about 100° F.
 - ½ tsp. sugar
 - 2¼ C. whole kernel wheat to yield
3 C. whole wheat flour
 - ½ C. dried yellow corn to yield
½ C. cornmeal
 - 1½ C. water
 - 2 Tbl. sugar
 - 2 tsp. salt
 - 3 Tbl. shortening
 - 2½-3 C. unbleached white flour
- Grain Mill/Mixing Bowl/Dough Hook

Sprinkle dry yeast in warm water. Add ½ teaspoon sugar and swirl to moisten granules. Let proof for 5 minutes. Mill wheat and corn in Magic Mill III Plus™ on fine setting. Reserve flour. Assemble mixing bowl with dough hook. Add 1½ cups water, 2 tablespoons sugar, salt and shortening. Mix. On low speed add the whole wheat flour and cornmeal, and knead until smooth. Add the yeast mixture and white flour until a medium-stiff dough is formed which pulls away from the sides of the bowl. Let knead 10 minutes until smooth and satiny. Cover bowl and let rise in cool place until double in bulk. Punch down and remove from bowl. On lightly floured board, roll out dough to ½-inch thickness. With a cookie cutter, cut into 3½-inch circles. Place on floured tray and let rise until double. Heat a lightly greased griddle. Pan bake over medium heat, turning frequently, for about 20 to 25 minutes. Reduce heat if muffins brown too quickly. Cool on racks. While warm, split in half horizontally using the tines of a fork. Toast and butter

Recipes taken from "Magic of Wheat Cookery," written by Lorraine Tyler, and "Simply Gourmet," written by Carmen Jones. These fine cookbooks have been specifically written to be used with Magic Mill and Bosch appliances.