English Muffins

Makes: 18 servings

Ingredients

- 1 cake yeast or 1 package active dry yeast (¼ ounce)
- lukewarm water
- 1 cup scalded milk, cooled
- 2 tablespoons melted butter
- 4 cups sifted flour, divided
- 1 ½ teaspoons salt

Directions

1. Soften or activate the yeast in the lukewarm water (½ cup water for cake yeast, ¼ cup water for active dry yeast).
2. Make a sponge (dough) of the milk, softened yeast, butter, and 1 ½ cups of the flour. Mix well. Cover and put in a warm place to rise for about an hour.
3. When this sponge (dough) is light add the remaining flour which has been sifted with the salt. Beat this soft dough until it is elastic. Again cover and put in a warm place to rise.
4. When double in bulk, toss the dough on a floured board and lightly work in a little flour. Roll the dough out into a sheet about one inch thick, cut in large rounds, cover, and let rise for about an hour.
5. Bake slowly on both sides on a lightly greased griddle.
6. After the muffins are cold, split, toast, and butter. Serve hot.

Recipe from: *Aunt Sammy's Radio Recipes Revised*, 1931, adapted by the USDA Food and Nutrition Administration.

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