DID YOU KNOW?

Did you know that English muffins as we have them today did not actually originate in England? What was called a “muffin” early in British history originated in the servant’s quarters of Victorian England - scraps of bread, dough and potatoes were mixed together and fried. Eventually these became a favourite tea-time treat for the upper class. Bakeries sprang up, each with their own recipe, and street hawkers sold them door to door. This is where the song, “Do You Know the Muffin Man” originated from.

An English baker by name of Samuel B. Thomas started making something close to what we know as the English muffin, but, he lived in America! The Brits knew nothing about them until they were brought in from the United States. Thomas’ English Muffins can still be found in British supermarkets … “imported from America”!

Breakfast is the most important meal of the day, but it need not be a time consuming ordeal. English muffin breakfast sandwiches with bacon or ham, cheese and egg can be made ahead and frozen. Another great quick breakfast is pancakes made from our pancake mix (see recipe section of our website) along with pre-cooked bacon or sausage. Breakfast pizza is a hit with kids and adults alike - we’ve included the recipe in this newsletter. Make it ahead, cut in slices and freeze. You can also make it on mini pizza shells or flatbread.

Serve any of these along with fruit and yogurt at breakfast, for a great, nutritionally balanced day-starter.

English Muffins

The one common complaint about English muffins is how hard they are to split open - even the bought ones which are pre-cut often end up mangled or broken when you try to open them. Our latest find has solved that dilemma! This “MUFFIN SPLITTER” works amazingly well, even on a partially frozen muffin, or on one that has not been pre-cut.

There are many recipes for English muffins – below is Country Lane’s own recipe.

Adding flax to our home-made muffins provides extra nutrition and texture. Crunchy on the outside, but softer inside than the bought ones, they are excellent toasted. Thanks to the muffin splitter, it opens them, leaving an irregular surface to hold lots of butter or jam etc.

Country Lane Kitchen’s English Muffins

In a large bowl, place:
1 cup warm (110°-120°F) water
1 tablespoon oil
Mix together and add to above:
2 ¼ cup flour
1 teaspoon instant yeast
1 teaspoon salt
2 teaspoon sugar
¼ cup ground flax
Makes 8 - 4” muffins
Exciting varieties can be achieved by adding one or more of the following: grated cheese, dried onion, pizza spice, raisins and cinnamon, or dried fruit etc.

Stir all together with a sturdy spoon or paddle. Knead briefly in the bowl or on the counter. You will need more flour for your hands and counter to manage dough. The dough will be sticky - this is how you want it, do not overwork it. Place in a greased bowl, cover and let rise in a warm place until nearly double in size and puffy.

On a well-greased surface, sprinkled with cornmeal or semolina, gently flatten dough to about 3/8” thick with dampened hands. Cut out with greased English muffin rings. Keep re-shaping and patting dough (to same thickness) to fit each ring and you won’t have scraps left to re-roll.

Sprinkle a little more cornmeal on a well-greased electric skillet or seasoned griddle and transfer muffins to skillet. Lightly sprinkle more cornmeal on top of each muffin. Cover and let rise until almost to the top of the ring (about ¾”).

Turn skillet on to 325°F, carefully remove rings and cook until nicely browned, approximately 10 minutes after temperature is reached. Turn and cook for about 12 minutes on the other side. Internal temperature should be about 200°F. If your muffins are thicker you may have to add a little more time to get the centre cooked.

English Muffin Splitter

This ingeniously designed sturdy metal muffin splitter perfectly separates English muffins, even slightly frozen ones. Simply insert splitter, depress handle and the muffin pops apart.

#BB $23.99
Why not have pizza for breakfast?

Breakfast Pizza
Allow to thaw & roll out to fit a 12” greased pizza pan:
1 loaf of frozen bread dough
Spread a thin layer of salsa over dough.
In a bowl, combine together:
6 large eggs
¼ cup milk
¼ tsp each salt, pepper, onion salt, garlic powder
In a pre-heated frypan, add:
1 tablespoon margarine.
Pour in egg mixture and cook until partially set, stirring often.
Spread eggs over salsa.
Layer over eggs:
1 cup medium or old grated cheddar cheese
12 - 15 bacon strips, cooked and crumbled
2 teaspoon chives, snipped
Bake at 375°F for about 25 minutes or until edges are brown. If the bacon is browning too much, you can cover loosely with foil.
Options: Add mushroom pieces, red or green pepper on top of the egg.
Freezing: Only bake for 15 minutes. Slice and separate slices prior to freezing and wrap well. Best reheated in an oven or toaster oven for about 15 minutes but can be heated in a microwave on medium heat.

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