English Muffins

2 3/4 cups bread flour

1 Tablespoon yeast

1 1/4 teaspoons salt

1 cup + 6 Tablespoons warm whole milk

2 Tablespoons honey

5 Tablespoons cornmeal

2 Tablespoons butter

Combine yeast, flour and salt.

Whisk together warm milk and honey.

Add milk to flour mixture and stir until just combined.

Cover with plastic wrap and let rise 1 hour.

Sprinkle a silpat with 4 T. cornmeal.

Use a greased 1/4 measuring cup to divide dough into 8 portions.

Spray hands with cooking spray and shape each portion into a 2" disk.

Place disks on baking sheet and sprinkle with 1 T. cornmeal.

Cover loosely with plastic wrap and let rise 1 hour.

Melt 1 T. butter in non-stick skillet.  Add 4 dough rounds and cook until browned.

Flip and cook 2 minutes longer.  Repeat with butter and remaining muffins.

Transfer to clean baking sheet and bake 10-12 minutes at 350.

Let muffins cool completely on wire rack.

Split muffins with fork.

Toast and serve.