



# English Muffins

*Yield: 9 muffins    Time: 1 hour 15 minutes*

## INGREDIENTS

- 1 cup warm water
- 1 teaspoon sugar
- 1 1/2 teaspoons active dry yeast
- 2 cups all-purpose flour
- 2 - 3 Tablespoons butter, melted
- 6 Tablespoons Cornmeal

## DIRECTIONS

1. In a stand mixer, combine water, sugar and yeast. Let stand for 5 minutes or until foamy.
2. Add flour and 1 Tablespoon of the melted butter. Using the dough hook attachment knead on medium speed for 5 minutes (dough will be smooth and stringy).
3. Cover and let rise in a warm place until double in size (35-45 minutes).
4. Sprinkle a large baking sheet with 1/4 cup cornmeal.
5. Scrape the dough from the sides of the bowl.
6. Using a lightly greased 1/4 cup scoop or measuring cup, drop dough in 3 Tablespoons or scant 1/4 cup portions 2 inches apart onto the prepared baking sheet.
7. Sprinkle tops with the remaining 2 Tablespoons cornmeal.
8. Using floured fingers, gently push edges of dough portions into rounded shapes.
9. Cover and let rise until puffy (about 20 minutes).
10. Lightly grease a large skillet or griddle with another tablespoon of the melted butter
11. Heat skillet to medium to medium-high heat.
12. Coat wide spatula with cooking spray.
13. Gently transfer dough to skillet.
14. Cook 6-8 minutes on each side or until bottoms are golden (use more butter if necessary).

## Wasatch County Cooking Class

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# Pretzels

*Yield: 12 pretzels Time:*

## INGREDIENTS

- 1 1/4 cup warm water
- 1 Tablespoon active dry yeast
- 1/4 cup brown sugar
- 1 1/2 cups all-purpose flour
- 2 cups self-rising flour
- 1 teaspoon vegetable or canola oil
- 1/2 cup baking soda
- 3 cups hot water
- 4 Tablespoons butter, melted
- coarse kosher salt

## DIRECTIONS

1. In stand mixer, combine yeast and water.
2. Let sit for 2 minutes.
3. Add brown sugar, all-purpose flour, self-rising flour and vegetable oil to the yeast mixture and mix to combine.
4. Knead in stand mixer for a few minutes until it forms a ball. Do not over knead the dough.
5. Cover dough. and let rise for 45 minutes or until just about double in size.
6. Preheat oven to 425 degrees F.
7. Spray counter or dough mat with cooking spray and form dough into a rectangle and divide into 12 equal pieces.
8. To form pretzels, roll a piece of dough into a thin rope about arms length.
9. Make a U shape with the dough, then lift the two ends and twist them around each other twice then attach the two ends at the bottom of the U to form the pretzel shape.
10. Whisk together baking soda and hot water in a large bowl.
11. Fold a clean dish towel next to the bowl.
12. Dip the formed pretzel into the solution then, blot the bottom side of the pretzel on the towel. before placing on a greased cookie sheet or lined with parchment.
13. Bake for 5- 10 minutes, (rotate pan after 5 minutes) until pretzels are a dark golden brown. Brush with melted butter and sprinkle with salt.
14. For cinnamon-sugar pretzels, dip the cooked pretzels completely in butter, then coat in cinnamon sugar.

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# Bagels

*Yield: 12 bagels Time: 1 hour 15 minutes*

## INGREDIENTS

- 1 Tablespoon active dry yeast
- 1 1/4 cup warm water
- 3 Tablespoons canola oil
- 3 Tablespoons sugar
- 3 Tablespoons plus 1/4 cup honey, divided
- 1 teaspoon brown sugar
- 1 1/2 teaspoon salt
- 1 large egg, room temperature
- 4-5 cups bread flour
- dried minced onion, sesame seeds, poppy seeds or bagel seasoning (option)

## DIRECTIONS

1. In a stand mixer dissolve yeast in warm water. Add the oil, sugar, 3 T. honey, brown sugar, salt and egg. Combine.
2. Mix in enough flour to form a soft dough and knead with mixer or by hand until smooth.
3. Cover and let rest for 10 minutes.
4. Punch down and shape into 12 balls.
5. Push thumb through the center of each dough ball and stretch to form a ring.
6. Place onto a lightly floured surface.
7. Cover and let rest for 10 minutes, then flatten bagels slightly.
8. In a large saucepan, bring 8 cups of water in 1/4 cup honey or brown sugar to a boil. Drop bagels one at a time into boiling water and cook for 45 seconds on each side.
9. Remove with a slotted spoon and drain.
10. Place bagels on baking sheets lined with parchment.
11. Bake at 400 degrees for 12 minutes, then turn over and cook 5 minutes more.
12. Cool.

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