**Simple Sourdough English Muffins**

If you love English muffins as much as I do, you'll love this discard recipe! It's remarkably easy, delicious, and kids love them.

PREP TIME10 mins

COOK TIME10 mins

RESTING TIME8 hrs

TOTAL TIME8 hrs 20 mins

**INGREDIENTS**

**The Night Before**

* 1/2 cup starter discard
* 1 3/4 cup all-purpose flour or more as needed
* 1 cup milk

**The Next Day**

* 1/2 cup all-purpose flour or more as needed
* 1 tbsp sugar
* 3/4 tsp salt
* 1 tsp baking soda
* cornmeal for dusting

**INSTRUCTIONS**

**The Night Before**

* To make your overnight sponge: combine discard with flour and milk. Stir well to combine, and cover loosely with plastic. Rest on countertop overnight, or for up to 18 hours.

**The Next Day**

* Dust baking sheet with cornmeal; set aside.
* Add flour, sugar, salt, and baking soda to overnight sponge, and stir well to combine. *The consistency should be like bread dough, and highly depends on the hydration of your starter discard. If needed, add more flour or more milk a little bit at a time to achieve this consistency.*
* Mix in stand mixer with dough hook on low for 2-3 minutes, or by hand on a floured surface for 4-5 minutes. The dough should be the consistency of a soft bread dough, very slightly sticky. Add more flour or milk to achieve this consistency.
* Lightly dust a rolling pin with flour and roll out dough to 1/2" to 3/4" thickness. Cut muffins using a biscuit cutter or cup rim, dusted with flour. *Push straight down; do not twist!*

Combine remaining dough into a ball and let rest 10 minutes. Then roll out and cut as above, getting as many muffins from the dough as possible.

* Transfer cut muffins to cornmeal-dusted baking sheet and let rest for 45-60 minutes.
* Preheat a cast iron skillet over low or medium-low heat for several minutes (better to start your heat on the low side than on the high side!). Place muffins in skillet, six at a time, and cook for 5-7 minutes or until golden brown. Check undersides every minute. Dust tops lightly with cornmeal and flip, cooking 5-7 minutes more.
* Serve warm, or toast before serving if cooled.