



English Muffins with Grapefruit Marmalade:

Bake Your Day with Martha



1h



2 Servings

Take your baking skills to the next level with advanced Martha Stewart & Marley Spoon recipes. There's nothing better than a fresh English muffin. The key to mastering this dough is allowing the yeast plenty of time to rise at room temperature and again in the fridge. The result is a griddled muffin with lots of nooks for homemade grapefruit marmalade. Go ahead and bake your day with Martha! (2-p serves 6; 4-p serves 12.)

What we send

- 8 oz milk ⁷
- 2 (½ oz) honey
- ¼ oz active dry yeast
- 10 oz all purpose flour ¹
- 1 grapefruit
- 10 oz granulated sugar
- 3 oz quick-cooking polenta

What you need

- 2 Tbsp unsalted melted butter ⁷
- 1 large egg white ³
- kosher salt
- neutral oil
- nonstick cooking spray

Tools

- microwave
- small saucepan
- stand mixer with paddle attachment
- 2 rimmed baking sheets
- large skillet or griddle (preferably cast-iron)

Cooking tip

After simmering the marmalade for 15 minutes, spoon some onto a chilled plate and tilt it vertically. If it slowly drips down the plate, it's set! If it runs quickly, simmer for a few more minutes.

Allergens

Wheat (1), Egg (3), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 590kcal, Fat 6g, Carbs 112g, Proteins 23g



1. Bloom yeast

Combine **milk** and **all of the honey** in a small microwave-safe bowl. Microwave until just warm or reaches 105-110°F. Transfer warm milk and honey to the bowl of a stand mixer; add **1 teaspoon yeast**. Let stand at room temperature until top of mixture is foamy, about 10 minutes. Meanwhile, separate **1 large egg**; transfer egg white to a small bowl (save egg yolk for own use).



4. Shape dough

Dust a parchment lined baking sheet with **some of the polenta**. Spray a clean work surface with **cooking spray**, turn **dough** out onto counter, then spray dough. Divide into 6 even pieces. Use wet hands to fold dough into itself, forming a ball. Place, seam side down, onto prepared baking sheet. Lightly dust with remaining polenta. Cover and refrigerate at least 8 hours (up to 48 hours).



2. Proof dough

Add **egg white, flour, 2 tablespoons melted butter**, and **2 teaspoons salt** to **yeast mixture**. Use paddle attachment to mix on low until just combined. Increase speed to medium-high; mix until dough is smooth, shiny, and pulls away from sides of bowl, 5-7 minutes (it's a loose dough). Place in a large **oiled** bowl; cover. Set aside at room temperature, 1 hour or until doubled in size.



5. Griddle English muffins

Preheat oven to 350°F with a rack in the center. Heat a large heavy skillet or griddle (preferably cast-iron) over medium. Working in batches, gently transfer **proofed dough balls** to skillet and cook until golden brown on one side, 4-5 minutes. Flip and cook on other side until golden brown, 4-5 minutes. Transfer browned English muffins to a second baking sheet.



3. Make marmalade

Use a peeler to peel **all of the grapefruit zest**; thinly slice or chop. Remove and discard white pith from fruit. Cut fruit into ½-inch pieces; discard seeds. In a small saucepan, combine **fruit, zest, all of the sugar**, and **½ teaspoon salt**. Bring to a boil. Simmer over medium-low heat until it coats the back of a spoon, 15-20 minutes. Transfer marmalade to a bowl, cover, and refrigerate.



6. Bake & serve

Bake **English muffins** on center oven rack until firm to the touch, and the center reaches 210°F internally, 15-20 minutes. Allow English muffins to cool for at least 15 minutes before splitting with a fork. Toast before serving, if desired. Serve **English muffins** with **grapefruit marmalade** and **butter**. Enjoy!