

Sourdough English Muffin Loaf

Prep: 10 minutes active + 10 hours rise • Cook: 40-50 minutes

All the tangy, nooks-and-crannies charm of an English muffin baked into a golden, cornmeal-dusted loaf with a soft, airy crumb perfect for butter and jam. Gentle fermentation builds flavor while keeping the texture light and tender.

Ingredients

- 420 g (3 cups) all-purpose flour
- 285 g (1 cup plus about 3 tbsp) water
- 100 g (1/2 cup) sourdough starter (active and bubbly)
- 21 g (1 tbsp) honey
- 6 g (1 tsp) salt
- 1 tsp baking soda (optional)
- 2 tbsp cornmeal (for dusting; or more if needed)

Instructions

1. Feed the sourdough starter 4-8 hours before starting.
2. In a large bowl, mix flour, water, active starter, honey, and salt until combined. Cover and rest 30 minutes.
3. Do one round of stretch and folds. Cover and rest 30 minutes. Repeat a second round, rest 30 minutes, then do a final round of stretch and folds.
4. Bulk ferment covered at room temperature for 4-12 hours, or until about doubled.
5. Grease a loaf pan and coat it with cornmeal.
6. If using, sprinkle baking soda over the dough and gently mix it in.
7. Place dough into the prepared loaf pan. Sprinkle the top with cornmeal. If using baking soda, bake right away.
8. If omitting baking soda, let the dough rise in the pan 1-2 hours, or until just about doubled. Sprinkle top with cornmeal.
9. Bake at 350°F (175°C) for 40-50 minutes, until the loaf is golden and cooked through. Cool before slicing.

Tags: Sourdough, Bread, Breakfast, English Muffin, Loaf Pan, Beginner Friendly
