English Muffin Bread

Amount 1 loaf
Time about 1.5 hours

Ingredients

- 3 cups all-purpose flour
- 1 tablespoon sugar
- 1 1/2 teaspoons salt
- 1/4 teaspoon baking soda
- 1 tablespoon instant yeast
- 1 cup milk
- 2 tablespoons vegetable oil or olive oil
- cornmeal, to sprinkle in pan

Steps

1. In a bowl, add the flour, sugar, salt, baking soda, and instant yeast; stir to combine.
2. In a microwave safe bowl, combine the milk, water, and oil and heat to between 120 F and 130 F. Make sure to stir the liquid before measuring its temperature.
3. Pour the hot liquid over the dry ingredients in the mixing bowl. Beat at high speed for 1 minute, the dough will be quite soft and sticky.
4. Lightly grease an 8 1/2" x 4 1/2" loaf pan, and sprinkle the bottom and sides with cornmeal.
5. Scoop the dough into the prepared pan. I used a rubber spatula sprayed with nonstick cooking spray to level the top of the dough out a bit.
6. Cover the pan with plastic wrap, and let the dough rise until it's just barely crowned over the rim of the pan. This will take about 45 minutes to 1 hour. While the dough is rising, preheat the oven to 400 F.
7. Remove the cover, and bake the bread for 22 to 27 minutes, until it's golden brown and its interior temperature is 190 F. Mine baked for 26 minutes and it was perfect.
8. Remove the bread from the oven, and after 5 minutes turn it out of the pan onto a rack to cool. Let the bread cool completely before slicing.