

# Muffins

## Ingredients

To every quart of milk allow 1-1/2 oz. of German yeast, a little salt; flour. [Illustration: MUFFINS.]

## Method

Warm the milk, add to it the yeast, and mix these well together; put them into a pan, and stir in sufficient flour to make the whole into a dough of rather a soft consistence; cover it over with a cloth, and place it in a warm place to rise, and, when light and nicely risen, divide the dough into pieces, and round them to the proper shape with the hands; place them, in a layer of flour about two inches thick, on wooden trays, and let them rise again; when this is effected, they each will exhibit a semi-globular shape. Then place them carefully on a hot-plate or stove, and bake them until they are slightly browned, turning them when they are done on one side. Muffins are not easily made, and are more generally purchased than manufactured at home. \_To toast them\_, divide the edge of the muffin all round, by pulling it open, to the depth of about an inch, with the fingers. Put it on a toasting-fork, and hold it before a very clear fire until one side is nicely browned, but not burnt; turn, and toast it on the other. Do not toast them too quickly, as, if this is done, the middle of the muffin will not be warmed through. When done, divide them by pulling them open; butter them slightly on both sides, put them together again, and cut them into halves: when sufficient are toasted and buttered, pile them on a very hot dish, and send them very quickly to table.

*Source: Mrs Beeton's Book of Household Management (1861)*

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