

Salmon Muffin Recipe

by Lemon Drop from A Recipe Reborn

- Prep time: 20 minutes
- Cook time: 20 minutes
- Proof time: Overnight, plus 1 hour
- Yields 12 muffins



English Muffins

US	Ingredients	Metric
1 cup	water	250 mL
2 tsp	yeast	8 g
1 tbsp	sugar	10 g
1 cup	buttermilk, warm	250 mL
4 tbsp	butter, room temp	60 g
2 tbsp	vegetable oil	16 g
2 tsp	kosher salt	8 g
3 1/2 cups	bread flour	560 g
	vegetable oil spray	
	cornmeal	

1. Combine the water, yeast and sugar in a bowl and let it sit for 5 minutes.
2. Add the buttermilk, butter, oil, salt and flour and knead in a stand mixer with a dough hook attachment or stir with a wooden spoon until the dough is smooth.
3. Transfer the dough to an oiled bowl, cover with plastic wrap and let it rise in the refrigerator overnight.
4. Line a rimmed baking pan with parchment paper and dust generously with cornmeal.
5. Transfer the dough to an oiled work surface and cut into 12 equal pieces.
6. With oiled hands, form the dough into balls by pulling the edges toward the middle, turning them seam side down and then sealing the seam by rolling the dough between your hands against the work surface.
7. Transfer the dough balls to the prepared pan, sprinkle with cornmeal, spray with vegetable spray, cover loosely with plastic wrap and then let them proof on the counter for an hour.
8. Heat a large griddle over low heat and heat a rimmed baking pan in the oven set to 350°F/175°C.

9. Working in batches, griddle the dough balls until they are golden brown, about 6 minutes on each side.
10. Transfer the griddled muffins to the pre-heated pan and bake for about 8 minutes.
11. Transfer the muffins to a wire rack and let cool for at least 30 minutes.

Cheese Sauce

US	Ingredients	Metric
2 tbsp	butter	30 g
¼ cup	Flour	30 g
2 cups	chicken stock, warm	500 mL
4 oz	Gruyère cheese, shredded	120 g
1 tsp	kosher salt	6 g
to taste	white pepper	to taste

1. Melt the butter in a small saucepan over medium-low heat.
2. Add the flour and cook until it bubbles and smells like cooked flour (cookies or pie crust).
3. Add the chicken stock, whisk until smooth and bring to a simmer.
4. Remove the pan from the heat, add the cheese, salt and pepper and stir until smooth.

Toppings/Assembly

US	Ingredients	Metric
12	English muffins	12
1.5 oz	spinach	40 g
6	avocados, sliced	6
10 oz	smoked salmon	300 g
	cheese sauce	
12 sprigs	dill	12 sprigs

1. Cut the muffins in half and toast them, or warm them in a low oven.
2. Top the muffins with the spinach, avocado, salmon, cheese sauce and dill.

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