

## Ingredients

325 ml/ ½ pt/ 1¼ cups milk  
7 g/ ¼ oz/ 1 packet dried yeast  
5 ml/ 1 tsp sugar  
450 g/ 1 lb/ 4 cups bread flour  
10 ml/2 tsp salt  
A little oil  
30-45 ml/ 2-3 tbsp rice flour

## Equipment

Griddle or frying pan

## Baking temperature

Griddle moderate heat  
Pan moderate

## Cooking time

4-5 minutes each side

## Servings

12 muffins

## Interest

Famous names who visited include the authors Jane Austen and Charles Dickens, and musicians Johann Strauss the elder, Joseph Haydn, and Franz Liszt.

## Location

Bennett Street, Bath BA1 2QH  
[www.nationaltrust.org.uk](http://www.nationaltrust.org.uk)  
[www.museumofcostume.co.uk](http://www.museumofcostume.co.uk)

# Muffins

*The Assembly Rooms*

The Assembly Rooms were designed by John Wood, the younger, and opened in 1771. The Ball Room, Octagon, Tea Room and Card Room were used in the 18th century for dancing, music, card playing, tea drinking and conversation. Evening entertainment took an interval for tea, which was included in the price of the ball ticket.

In the later Victorian period muffin men wore trays strung around their necks and called out "Muffins for Sale!".

## Method

1. Warm the milk to tepid and pour into a small basin. Add 1 tsp sugar and blend in the yeast. Leave until frothy.
2. Sift the flour and salt into a large mixing bowl. When the yeast mixture is ready make a well in the middle of the flour and pour in the liquid. Stir with a wooden spoon and then use your hands to make it come together to a dough.
3. Turn the dough onto a floured surface and knead until the dough is smooth.
4. Pour a little oil into a large bowl, smooth it around the bottom and sides of the bowl. Place the dough into the bowl and flip it over so the oiled side is uppermost. Cover with plastic wrap and put the bowl in a warm place to allow the dough to rise until it has doubled its size.
5. Remove the dough and place on the floured surface kneading once again. Cut the dough into 12 pieces and form each piece into a ball, with your hands. Using a 9 cm/ 3½ in pastry rings place one ball of dough inside and with your fingers pat out to fit the ring. (If you do not have a pastry ring then pat the ball out on the floured surface into a circle of 9 cm/ 3½ inch diameter).
6. Put the rice flour onto a large plate, dust the wheat flour off the muffin (a dry pastry brush can be used) and gently turn the muffin in the rice flour.

7. Place the muffins onto the baking tray leaving a little space between each one. Allow to rise again for about 45 minutes.
8. Lightly grease a griddle or frying pan and place over a moderate to low heat.
9. Using a palette knife place a few muffins on the griddle or pan and allow to cook for about 5 minutes. Turn the muffins over gently and press down a little then cook for a about a further 4 minutes. When cooked they should look a pale-gold brown on both sides and be cooked though the middle. You may need to adjust cooking times as to your stove and pan.
10. Cool on a wire rack.

