



CRUMPETS

Ingredients to make about 10

*150g warm whole milk
150g warm water
4g dried yeast or 8g fresh yeast
10g honey or fine sugar*

*220g strong white flour or white spelt flour
6g salt
15g melted unsalted butter or sunflower oil
2g (half a teaspoonful) bicarbonate of soda*

Method

Stir the **yeast** and **honey** or **sugar** into the **warm milk & water** until they are dissolved. Add in the **warm melted butter** or **sunflower oil**. Mix the **spelt flour** or **strong white flour**, **salt** in a large bowl. Add the yeast liquid to the flour and beat for 3 or 4 minutes until the mixture is smooth and creamy, about the consistency of pouring cream. Cover the mixture and put it somewhere warm for an hour or so.

At the end of that time, dissolve the **bicarbonate of soda** in a little warm water and stir it into the mixture, cover it and leave for a further 30 minutes.

Heat the griddle or heavy frying pan, and the oiled crumpet rings well in advance over a medium heat.

Spoon in the mixture to each ring, about 1/2 inch deep. Best to do a trial one first! The mixture should soon bubble, and over about 6 minutes these bubbles should burst and the surface of the crumpet should dry out.

Now remove the crumpet from the ring and flip it over to cook for a further 2 minutes till it is lightly browned.

If no bubbles formed, then the mixture is too thick so whisk in a little more warm milk and try again. If the mixture oozed out of the bottom of the ring then it is too thin so beat in a little more flour and try again.

Serving

Serve hot with butter or cheese, or honey or syrup or

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