

## CRUMPETS

(adapted from a recipe at [www.europeancuisines.com](http://www.europeancuisines.com))

- 240g/8oz bakers flour
- 240g/8oz plain (AP) flour
- $\frac{3}{4}$  teaspoon cream of tartar, sifted
- 10g or 1 sachet dry yeast
- 500ml/2 cups tepid water
- 7g fine sea salt
- $\frac{1}{2}$  teaspoon bicarbonate of soda (baking soda)
- 140ml/5oz milk, at room temperature (I used UHT milk)



1. In a large mixing bowl, stir together the flours, *sifted* cream of tartar and dry yeast (don't add the salt at this stage).
2. Make a well in the middle of the flour and add the water. Starting from the centre and gradually working outwards, stir with a wooden or silicone spoon to form a thick, smooth batter. Beat well by hand for two minutes. Cover the bowl with plastic wrap and allow to rest in a warm spot for an hour.
3. Add the salt and beat the batter for another minute to incorporate. Cover the bowl again and allow to rest for another 20 minutes.
4. Dissolve the sifted bicarbonate of soda in the room temperature milk. Stir this into the batter gently. The thickness of the batter will determine whether or not the crumpets will set properly - if it is too thick, the crumpets will lack holes, but if it's too thin, the mixture will run out of the bottom of the rings.
5. To test the batter, heat a frypan or griddle over a medium-low heat until hot. I used a heat resistant non-stick pan. Depending on your pan, you might need to add just a tiny bit of butter or oil to stop the batter from sticking.
6. Grease a crumpet ring and place it in the middle of the pan. Spoon batter into the ring - my 10cm/4" rings needed 1/3 cup of batter each. Allow the crumpet to cook over low heat. If the test crumpet doesn't form holes, you'll need to gently stir a little more lukewarm water into the batter - I needed to add several tablespoons of water to achieve the correct consistency.
7. The cooking process involves a little trial and error. The crumpets need to be cooked until the tops are covered with holes and the bottoms are quite brown. The original recipe suggests 7 to 8 minutes over a low heat for this stage.
8. Once the tops are covered with holes that keep their shape, carefully remove the rings and flip the crumpets over, cooking the tops for just a couple of minutes to set them. Re-grease the rings well after each use. As the crumpets will be toasted before eating, be careful not to overcook them at this stage.

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