

TASTE WITHOUT WASTE

Crumpets

Makes 25 – 30 if using egg rings, less if using proper crumpet rings.

Ingredients

750ml milk, plus extra
1 tsp caster sugar
7g dry yeast
30g butter, at room temperature, plus extra for greasing
250g plain flour
250g whole wheat flour
1 tsp salt

Method

Warm the milk so that when you stick your finger in it (clean of course!), it feels the same temperature. Transfer 2 tbsp to a small bowl/cup and dissolve the yeast in it. Add the sugar and butter to the remaining milk and stir until the sugar dissolves and the butter has melted.

In a large bowl combine the flours and salt. Gradually pour in the milk-butter mixture, stirring gently to combine. Now stir through the yeast mixture until it is a thick batter with no remaining lumps.

Cover with a tea-towel and leave to rise in a warm place (I turn my oven to 100C very briefly, then turn it off and put the bowl in). After an hour check the mixture. If it has risen well and is bubbly, transfer to a jug. If not, leave for another 20 to 30 minutes and check again.

Grease your egg/crumpet rings and a large heavy-based frying pan. Place the pan over a medium-low heat (if it's too low, bubbles won't form) and pour mixture into the egg rings. If the mixture isn't a pouring consistency, stir through a little extra milk. The batter will rise while cooking, so only fill about 2/3 of the way. Cook for approximately 6 minutes (check to ensure that the bottoms aren't browning too much) or until the top is starting to dry out and develops a few holes. Carefully, remove the egg rings (try not to burn your fingers) and flip with a spatula. Cook for another 2 minutes or until lightly browned.

Re-grease the egg rings, and continue the process until all batter is used.

*Note: I would recommend doing a test run with just one for a start to ensure that bubbles do form. If they don't stir through a little more milk and try again. If they still refuse to form, don't fret, the crumpets should still taste fine!

*Source: Slightly adapted from Mathew Evans: The Weekend Cook.
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