



**Name of the recipe: Crumpets**

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*Crumpets are distinguished from similar sized muffins by being made from a batter, rather than a dough. English crumpets are generally circular, roughly 8 centimetres in diameter and 2 centimetres thick. Their shape comes from being restrained in the pan/griddle by a shallow ring.*

**Make sure you have everything you need and place them on your kitchen counter. This is called "mise en place" (in French) to make sure all the ingredients are available at home and you are not disappointed later if you are half way and you are lacking something. Enjoy!**

**Ingredients:**

1. 240 grs self raising flour
2. 240 grs plain flour
3. 2 tsp salt
4. 1 cup water
5. 1 cup milk
6. 2 tbsp vegetable oil
7. 1 tbsp caster sugar
8. 15 grs dry yeast
9. ½ tsp bicarbonate
10. 120 cc warm water

**To prepare:**

1. Sift the flour and the salt into a large mixing bowl and make a well in the centre;
2. In a pan gently heat together the milk and water, oil and sugar until warm but not hot;
3. Mix the yeast with a quarter of this liquid;
4. Pour this into the well, followed by the remaining liquid and beat well until smooth and elastic; about 5 minutes;
5. Cover with a clean tea towel and leave to rise in a warm place for about 1.1/2 hours until frothy;
6. Dissolve the bicarbonate in the 120 cc warm water and stir into the batter;
7. Cover and leave to rise for 30 mins;
8. Place metal rings or cutters on a lightly greased griddle or heavy pan and warm over a medium heat;
9. Pour the batter into the rings about 1 cm deep and cook gently for about 5-6 mins. The tops should be dry with a mass of tiny holes;
10. Remove the rings and turn the crumpets over. Cook for about 2 mins or until golden brown;
11. Toast on both sides, spread with butter generously and allow to saturate the warm crumpet.

**Amazing on a cold day!!**

**Optional: you can use honey too! Even better!**