

ENGLISH CRUMPETS



Ingredients & Directions I

- 1 ½ cups milk
- 1 cup water
- 2 ½ tsp. Yeast
- 1 ½ tsp. sugar

In a saucepan, warm water and milk to approximately 100 d. Add yeast and sugar, allow to develop for 10 minutes.

- 3 cups Manini's Multi-Purpose Flour
- 1 ¼ tsp. salt

In an electric mixer, mix the flour to break up and aerate. Slowly add milk mixture, mix on medium speed for 2-3 minutes until smooth. Cover and place in a warm spot for 90 minutes. Return to mixer, mix on medium for 30 seconds.

- ¾ tsp. baking soda
- 1 tbsp. warm water

Dissolve baking soda in water. Add to mixer bowl and mix for 30 seconds on medium speed. Cover and allow dough to rest for 20 minutes.

Preheat griddle on medium heat. Use butter to grease inner surface of English muffin rings (3-4" cookie cutters or well cleaned tuna can rings would work) and place on griddle. Spoon batter to fill rings (approximately 1/3 cup) and use a wet spoon to spread and smooth the batter.

Cook for approximately 8-10 minutes. Typically, bubbles indicate that the crumpet is ready to be turned, but the thickness of this batter made it difficult to see them. Instead, look for the surface to appear dry and the bottom to turn golden brown. Flip the crumpet, remove the metal ring, and cook for an additional 8-10 minutes until golden brown. Serve immediately, or, if they survive long enough, toast them.

A bit time consuming, but couldn't be easier or more satisfying. My English husband pronounced the flavor and texture "perfect." This recipe yielded 12.

Recipe provided by Rebecca Berg