

# CRUMPETS





## **Crumpets Recipe.**

English muffins have a spongy and dense texture, usually split in half and toasted before serving. The crumpets though are served whole with a texture full of nooks and crannies for absorbing melted butter, marmalade, jams and other delicious toppings. They're also both considered to be a breakfast, brunch, or tea food.

## **Makes 8 / 10 Crumpets**

### **Batter (Starter / Poolish)**

1 cup (250ml) milk, at 95°F (35°C)  
1/4 cup (60ml) water, at 95°F (35°C)  
1 packet (6g) dry yeast or 0.5 ounce (15g) fresh yeast  
1.5 tsp (6g) sugar  
1.7 cups (250g) all-purpose flour  
1 pinch sal.

0.4 (100ml) at 95°F (35°C)  
1 tsp (5g) baking soda.

### **Method**

In a bowl whisk together the warm milk, water, sugar and yeast. Add flour and salt and whisk until well combined. Scrape the starter from the sides of the bowl and cover it with plastic film. Let it rise at room temperature for 90 minutes (the warmer the room the faster it will rise). When it is ready, it will have tripled in volume, and lots of bubbles and small folds will appear on top of the surface of the starter. Mix warm water with baking soda. Pour into the bubbling poolish and mix well until homogenized. Scrape batter from the sides of the bowl and cover with plastic wrap. Let it rise for 30 minutes more. The addition of baking soda after the first fermentation enlighten the batter creating zillion of small bubbles...



## Cooking

Heat up a large nonstick pan. Grease muffing rings with cooking spray separately on a parchment. Lightly grease the hot pan with oil. Put the rings flat into the pan and scoop out batter into each, so they are about half full. After a couple minutes bang the pan to open up bubbles. After 4 minutes more, use a pair of tongs to slip the rings off. Cook the crumpets for a total of about 8 minutes on the first side, until their tops are riddled with small holes. Crumpets must be cooked on low heat. Turn the crumpets over, and cook for an additional 3 minutes, to finish cooking the insides and to brown the tops gently although this isn't traditional; "real" crumpets are white on top. For an outstanding glossy golden brown finish though, throw some butter at the end. Remove the crumpets from the pan, and repeat with the remaining batter, until all the crumpets are cooked. Grease rings and frying pan the same way after each batch.

Serve warm. Or cool completely, wrap in plastic, and store at room temperature. To enjoy, warm in the toaster. Serve with butter, preserve or marmalade.

