

SOURDOUGH CRUMPETS

(from [The Sourdough Companion](#))

Preferment

125 g all purpose flour
175 g water
12.5 g sourdough starter

Batter

125 g all purpose flour
175 g milk
300 g preferment (all the amount made)
5 g salt
5 g bicarbonate of soda

Make the preferment and let it sit at room temperature for 12 to 24 hours.

Next day, mix all the ingredients for the batter, and let it sit for 4 hours undisturbed at room temperature. Heat a griddle to 390 F (200 C). Pour small amounts of the batter in greased crumpet rings, and cook for 8 minutes on the first side, remove the rings carefully, and flip them to cook on the second side for a couple of minutes. Cool on a rack, and enjoy!