

TRADITIONAL CRUMPETS

(From [The Fresh Loaf Forum](#))

250 g bread flour

5 g salt

15 g yeast

275 g water

0.75 g bicarbonate of soda

70 g water

Add the flour and the salt to the bowl of an electric mixer, and mix on first speed for a minute. Dissolve the yeast in lukewarm water. Combine the yeast with the flour/salt and beat on first speed for 2 minutes. Scrape the bottom and the sides of the bowl, and beat on second speed for 6 minutes. Cover the bowl and let it sit on a warm place for 1 hour.

Heat a griddle to 390F (200 C). Dissolve the bicarbonate in the cold water and mix this solution to the batter. Use right away, pouring a small amount of batter in well greased crumpet rings. Cook for about 8 minutes on the first side, until bubbles form and the batter seems almost dry on top. Remove the rings – carefully, they are hot! – and flip the crumpets, cooking for no more than 2 minutes on the second side. Cool on a rack, and enjoy!