

Crumpets



Serves	4-8
Prep time	1 hour, 10 minutes
Cook time	20 minutes
Total time	1 hour, 30 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Glutamates , Preservatives , Salicylates
Suitable for	Dairy / Lactose Free , RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Breakfast , Savoury Snack , Sweet Things
Misc	Child Friendly , Pre-preparable , Serve Hot
By author	Kim (reader)

Ingredients

- 1 teaspoon Lowan's Dried Instant Yeast
- 300ml warm water (body temperature warmth)
- 1 cup plain white flour
- 1 teaspoon salt
- canola oil spray
- 2/3 cups plain wholemeal flour

Directions

1. In a small bowl, combine the yeast and 50ml of the water. Stir until the yeast is dissolved, then let stand in a warm place for 5 minutes.
2. In a large bowl, sift the flour and salt together. Add the rest of the water to the flour and mix, then add the yeast mixture. Stir until well combined.
3. Cover the bowl with a clean tea towel, then leave in a warm place to rise until it doubles in size (about 1 hour).
4. The mixture should be thick, but pliable enough to be able to scoop into the egg rings. Add more water if it's too thick, more flour if it's too runny.
5. Heat a frying pan and lightly spray with oil. Lightly spray the egg rings. Half fill the rings with the dough and cook until the top starts to appear translucent and there are holes in the top (about 4 minutes).
6. Remove the egg rings and turn over the crumpets. Cook for another minute until the top is brown. Repeat for the remaining crumpets.
7. Serve warm, cut in half with your favourite spread.
8. To reheat cold crumpets, cut them in half and toast in a toaster or under the grill.



 Crumpets with pear jam

Note

Low Chemical

Makes 8 crumpets.