

Crumpets

Round crumpet rings (8 to 10) and flat electric griddle are needed

Ingredients			Bakers %
Bread flour (medium)	1.00 lb.	454 grams	90.9%*
Dri Malt	0.03 lb.	13 grams	2.7%
Yeast (saf red)	0.02 lb.	9 grams	1.8%
Water	0.75 lb.	340 grams	68.1%
Pastry flour	0.10 lb.	45 grams	9%*
Sugar	0.02 lb.	9 grams	1.8%
Baking soda	0.01 lb.	4 grams	.9%
Milk (non fat) or buttermilk	0.35 lb.	158 grams	31.8%
Golden raisins	0.15 lb.	68 grams	13.6%
Salt	0.02 lb.	9 grams	1.8%
	TOTAL	2.30 lbs.	1043 grams

ADDITIONAL INGREDIENTS:

- Cornmeal for dusting griddle surface
- Olive oil or vegetable oil for oiling crumpet rings

Method

- In a mixing bowl of a 5 to 7 quart mixer fitted with the paddle attachment, mix the flour, sugar, yeast and water for 3 minutes. Cover bowl and let mixture rest for 45 minutes, at room temperature. The mixture should look like a sponge.
- Add the remaining ingredients, mix for 3 minutes, or until well mixed and gluten is formed. Cover and let rest for an additional 45 minutes, at room temperature.
- Pre heat heavy griddle or solid grill to a medium heat, dust surface with cornmeal. Prepare crumpet rings or "tuna fish cans with both ends removed", by oiling all surfaces.
- Place as many rings as possible on cooking surface and let them pre heat as well.
- Using an ice cream scoop, scoop out of the bowl approximately 4 Tablespoons of batter into each prepared ring. Do not fill more than half full; over-filling will cause problems in getting the centers cooked.
- Turn heat to medium low setting and let crumpets cook gently until bubbles have set, and the surface turns dull, which takes about 10 minutes.
- Using a small knife, run the blade around the inside the ring to loosen before removing.
- Remove rings. Turn crumpets over with spatula, the surface will feel hard.
- Cook an additional 3 to 4 minutes, until light golden brown, and centers are no longer firm to the touch. Turn back over for an additional 2 to 3 minutes before removing from grill. Edges should be firm to the touch.
- Repeat procedure making sure that the rings are wiped off and re-oiled and the surface is re-cornmeal covered before use.
- Cool to room temperature before packaging. Crumpets are fork split like English Muffins and toasted for eating with butter and jelly.