



Crumpets

12 ounces of Juvela Flour Mix
1 Sachet of dried yeast (Supplied with the flour)
1 level tea spoon of salt
1 level tea spoon of bicarbonate of soda
200mls milk
250mls water

Method

Mix the dry ingredients, then add the liquids, mix together and heat to 38-40 degrees

Mix for 5 minutes and then keep in a warm place for an hour

In a large frying pan, place four well oiled crumpet rings, and heat thoroughly

Add the mixture to each ring (approximately half an inch deep) and cook very slowly until the surface appears to be set.

Watch for burning if the pan is too hot.

Loosen the crumpets from the rings, and transfer them to a second frying pan at a low heat to set the top.

While they are cooking, prepare the next four crumpets in the rings (Well oiled)

When both sides have been cooked, cool on a wire tray and transfer in a plastic bag to the freezer;

Use as required, splitting in half, and toasting them under the grill.

Butter well while hot and serve immediately.

This mixture will make 16 to 20 crumpets



This recipe has been brought to you by The Cream Of Tartar Company Limited

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