

Buttermilk Crumpets

Jacob · 28/09/2024



Prep Time

1 hr 20 mins

Difficult

Medium

Servings

1 hr 40 mins

Description

This is an American rendition of a British classic Serve with your choice of savory or sweet toppings like fruit spread and butter double Devonshire cream clotted cream etc I love using crumpets as a base for eggs Benedict If you have an Instant Potreg you can use the yogurt setting and proof the dough much faster

Ingredients

- - ½ cup buttermilk - 1 cup milk
- divided - 2 teaspoons quick-rising yeast - 1 ½ teaspoons white sugar - 1 ¾ cups all-purpose flour - ½ teaspoon salt - 1 teaspoon baking soda - cooking spray

Instructions

1. In a microwave-safe bowl
2. heat buttermilk and 1/2 cup milk to about 100 degrees F (37 degrees C). Sprinkle yeast and sugar over milk mixture
3. stirring once. Let stand until yeast softens and begins to form a creamy foam
4. about 10 minutes. Combine flour and salt in a large bowl. Add yeast mixture and stir to combine
5. forming a soft dough. Cover and place in a warm place for 40 minutes or until doubled in size. Combine remaining 1/2 cup milk and baking soda in a small bowl. Stir mixture into dough until incorporated. Cover and leave for 30 minutes in a warm place. Heat a cast iron pan or griddle over low heat. Spray metal crumpet rings and place into middle of frying pan. Fill each ring with 1/2 cup of crumpet mixture. Cook for 4 or 5 minutes until bubbles appear and the edges are starting to set. Remove from ring and cook the top for 2 minutes or until lightly browned. Cool on a wire rack.