



GLUTEN-FREE High Tea English "Crumpets"

By Erin Fletter

Prep Time 20 / Cook Time 30 / Serves 4 - 6

Fun-Da-Mentals Kitchen Skills

grate: to reduce food, like a carrot, to very small shreds or pieces of the same size by rubbing it on a tool with an outside surface that has holes with cutting edges (a grater).

mash: to reduce food, like potatoes or bananas, to a soft, pulpy state by beating or pressure.

zest: to scrape off the outer colored part of a citrus fruit's rind (skin or peel) using a metal tool with small sharp blades, such as a zester, microplane, or the small holes of a grater (avoid the "pith," the white, spongy lining of the rind that can be bitter).

Equipment

- Oven
- Muffin pan
- Saucepan (or heat-safe liquid measuring cup for microwave)
- Mixing bowls (2)
- Liquid measuring cup
- Measuring spoons
- Whisk
- Dry measuring cups

Ingredients

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- 1 C milk + more as needed ******(for DAIRY ALLERGY sub 1 dairy-free/nut-free milk)******
- 1 T or 1 packet active dry yeast or instant yeast

- 2 T granulated sugar
- 1 egg ******(for EGG ALLERGY sub 1 1/2 tsp oil + 1 1/2 T water + 1 tsp baking powder)******
- 1 1/2 C gluten-free/nut-free all-purpose flour
- 1 tsp salt
- 1/2 tsp baking soda
- 1 C sparkling water
- butter or oil to grease pan ******

Food Allergen Substitutions

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Dairy: For 1 C milk, substitute 1 C dairy-free/nut-free milk.

Egg: For 1 egg, substitute 1 1/2 tsp oil + 1 1/2 T water + 1 tsp baking powder.

Dairy/Soy: Use soy-free/nut-free oil to grease the pan instead of butter.

Instructions

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heat + whisk + rest

Heat **1 cup of milk** in a saucepan (or microwave) until it is lukewarm. Measure and add **1 tablespoon or 1 packet yeast** and **2 tablespoons sugar** to the milk in a mixing bowl. Whisk and let rest for about 10 minutes.

scrumptious science

Even though yeast looks like large grains of sand, it is actually a living organism. Yeast is a label broadly used to describe about 1,500 different kinds of fungi. This means that yeast makes up about one percent of the fungus you would come across in the world. The type we are using today is called active dry yeast. It means that the yeast is alive but sleeping in its container. To "wake up" the yeast, you will need to feed it its favorite breakfast: sugar! Once the yeast begins eating the sugar, it creates a byproduct: carbon dioxide. (I like to think of the yeast as burping little, itty bitty burps from eating the sugar too fast!) This carbon dioxide will later be trapped inside the crumpets dough you are creating in this recipe, which is super important for making a light, fluffy texture.

whisk + grease + preheat

Whisk **1 egg** into the yeast mixture. Generously grease the wells of a muffin pan with **butter or oil**. Place the pan in your oven and preheat the oven to 350 F.

add + mix + rest

To a separate mixing bowl, add **1 1/2 cups gluten and nut free flour** and **1 teaspoon salt**, then add to the milk mixture until well combined. Next, mix **1/2 teaspoon baking soda** and **1 cup sparkling water**, then add to your batter and mix. The batter will be thin enough to pour in a thin stream, slightly thinner than pancake batter. Add more milk if needed. Mix one more time, then let rest at room temperature for at least 20 minutes or until the batter doubles in size. Meanwhile, you can make Quickest Fruit Jam if you would like.

pour + bake + toast

Carefully remove the empty, **hot** muffin pan from the oven, then pour the batter halfway up each well. Bake the Crumpets for 20 to 30 minutes, or until they are cooked through. Meanwhile, you can mix up Assorted Sweet and Savory Butters if you would like. Once the Crumpets have baked, set your oven to "broil" and let the tops toast to a golden brown. Careful! They will toast fast and can burn easily. Serve warm with **Assorted Sweet and Savory Butters, Quickest Fruit Jam**, and cups of **Proper Tea!**

Featured Ingredient: Flour!

Hi! I'm Flour!

"Happy Baking, Friends! I'm Flour, and I'm a VIP (Very Important Powder)! I'm really quite useful (and humble). You can use me to make breads, cakes, cookies, crackers, crumpets, doughnuts, muffins, pancakes, pasta, waffles, and more. (Which is your favorite?) I can coat vegetables and meats before frying them in oil, and you can combine me with a fat to make a roux to thicken sauces and gravies. You can even make play dough, paint, and glue with me. Can you see now why I'm a VIP?"

History & Etymology

Around 8,000 to 15,000 years ago, people discovered that they could crush wheat seeds between simple grindstones to make flour.

When you grind cereal grains, beans, seeds, or roots (like cassava), they become a powder, resulting in flour. Some of the grains besides wheat that can be ground into flour are rye, buckwheat, barley, corn, oat, and rice. Other foods used to make flour are potatoes, acorns, mesquite, cassava, soybeans, garbanzo beans (or chickpeas), amaranth, and even bananas!

Flour is the primary component of bread, and bread is a staple in many countries. Therefore, sufficient amounts of flour are critical, which has caused major economic and political issues at various times throughout history.

The word "flour" is originally a variant of the word "flower." Both derive from the Old French "fleur" or "flour," literally "blossom," and figuratively "the finest" (of the milled grain).

Anatomy

Before grains are ground into flour, they are whole pieces taken from a plant.

Each kernel of wheat consists of three parts: the coarse outer bran layer (which contains most of the fiber), the germ, and the endosperm. The endosperm stores the grain's starch, a carbohydrate that the body uses to create energy. Other foods that contain starch are potatoes, pasta, and rice.

Whole-wheat flour is the result of grinding or milling the whole grain. It contains all three parts of the kernel—bran, endosperm, and germ.

White flour has been refined or polished and bleached to remove the bran. As a result, white flour has less fiber than whole-wheat flour and fewer nutrients, too.

How Flour is made

Flour is made in nearly every country in the world.

First, farmers plant wheat seeds, and plants begin to grow. Then, when they are ready to harvest, farmers collect them with giant machines called combines.

Combines cut, separate, and clean the wheat at the same time. The grain must be completely dry before storing, so farmers don't harvest it when it's rainy.

Then, they transfer the flour to a mill (a building where grains are ground into flour), where a miller will oversee the grinding of the wheat grain into flour.

One whole wheat grain makes over 20,000 particles of flour!

Nutrition

Flour contains protein and is a significant source of carbohydrates.

Carbohydrates are a direct source of energy for the body. Our bodies first have to make some changes to the carbohydrates, but then they are quickly converted to energy by our cells.

Fiber helps to keep our intestines happy, feeding the good bacteria in our gut. Whole-wheat, unbleached flour is an excellent source of fiber.

Whole wheat contains essential nutrients, including vitamins, minerals, healthy fats, protein, and fiber. Organic, unbleached flour is the healthiest.

Wheat-free and gluten-free flours are vital to people who have celiac disease, wheat allergies, or gluten intolerance (or non-celiac gluten sensitivity). Varieties of gluten-free flours include those made from: almonds, amaranth, buckwheat, corn, garbanzo beans (or chickpeas), millet, quinoa, rice, sorghum, soybeans, and teff.