

Whole Wheat Crumpets with Freshly Milled Flour

Prep: 35 minutes • Cook: 5 minutes

Soft, airy crumpets made with freshly milled whole wheat develop a bubbly, butter-soaking top and a wholesome, nutty flavor perfect for sweet or savory toppings.

Ingredients

- 2 cups (280 g) whole wheat flour (freshly milled, soft white wheat preferred)
- 1/2 teaspoon (2.5 g) salt
- 2 1/4 teaspoons (7 g) instant yeast
- 1 teaspoon (4 g) cane sugar
- 1/2 teaspoon (3 g) baking soda
- 2 cups (472 g) water (warm)

Instructions

1. Add the dry ingredients (flour, salt, yeast, sugar, and baking soda) to the bowl of a stand mixer and mix to combine.
2. Add the warm water and mix for about 2 minutes.
3. Cover the bowl and let the batter rest at room temperature for 30–60 minutes, until bubbly and about doubled in size.
4. Place well-greased crumpet ring molds on a preheated nonstick pan over medium to medium-high heat; brush a little butter in the pan, especially beneath each ring.
5. Pour about 1/4 to 1/2 cup of batter into each ring, filling them about halfway.
6. Cook for 1–1 1/2 minutes, then reduce the heat to medium-low and cook for 3–4 minutes, until the tops are full of holes and the batter is set through.
7. Carefully remove the rings, flip the crumpets, and cook the second side for 30 seconds to 1 minute, until lightly golden.
8. Transfer to a wire rack to cool for a few minutes before serving.

Tags: Breakfast, Whole Grain, British, Yeasted, Griddle Bread, Vegetarian
