



Crumpets

Ingredients

75g maize (corn) starch
60g rice flour
48g Orgran GfG
300ml warm water
1 tsp sugar
1 tsp salt
1 heaped tbsp dried yeast
1 heaped tbsp gluten free baking powder
250ml warm milk (more if required, to make a pouring batter).

Method

Shift together the maize starch, rice flour and the Orgran GfG.
Place warm water and the sugar in a small bowl and stir in the yeast.
Let stand for about 20 minutes, or until bubbles appear and the mixture is frothy.
Then mix in half the flour and beat well.
Set the batter aside in a warm place for about 30 minutes, until it becomes foamy.
Add the rest of the ingredients to the batter, stirring thoroughly.
Beat well adjusting the milk quantity if necessary.
Heat a frying pan.
Grease it well, then grease a metal ring and place it in the pan.
Pour the mixture into the pan until it is half full.
Cook on a medium heat until the mixture starts to bubble and set.
Remove the metal ring and continue to cook on a low heat until set, turn the crumpet.
Cook until the top is just lightly brown coloured.