

New Starter - Crumpets

PREP: 5 MINS | FERMENTING TIME: 3 MINS
SHELF LIFE: COUNTER 4 DAYS OR FREEZER 3 MONTHS

INGREDIENTS:

1 cup sourdough starter *i.e the bits you remove before you feed it*
1 tsp sugar
1/2 tsp salt
2 tspns baking powder

EQUIPMENT:

Medium mixing bowl



STEP 1. Measure out your 1 cup of sourdough starter in a bigger bowl and add in the remaining ingredients.



STEP 2. Stir and leave to sit for 2-minutes until the dough rises and becomes very soft and fluffy. My doubles (or close to) when I follow this process.



STEP 3. Lightly grease a frypan with some ghee and 3/4 fill silicone egg moulds with the crumpet mixture. Don't flip until the top is set, you'll notice the colour slightly changes and the batter no longer looks wet. Flip for a minute and then repeat the process with the remaining batter.

STORAGE



In an air-tight container on bench for 4 days or freezer for 3 months.

Established Starter – Crumpets

PREP: 5 MINS | FERMENTING TIME: 3 MINS
SHELF LIFE: COUNTER 4 DAYS OR FREEZER 3 MONTHS

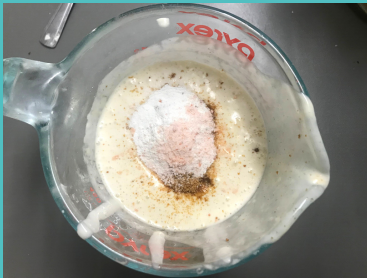
INGREDIENTS:

1 cup (200g) sourdough starter
i.e the bits you remove before you feed it
1/2 cup (100g) flour or spelt flour
1/2 cup (150g) warm water

1 tsp sugar
1/2 tsp salt
2 tsp baking powder
1 tbsp apple cider vinegar

EQUIPMENT:

Medium mixing bowl



STEP 1. Measure out your 1 cup of sourdough starter in a bigger bowl and add in the remaining ingredients.

STEP 2. Stir and leave to sit for 2-minutes until the dough rises and becomes very soft and fluffy. My doubles (or close to) when I follow this process.

STEP 3. Lightly grease a frypan with some ghee and 3/4 fill silicone egg moulds with the crumpet mixture. Don't flip until the top is set, you'll notice the colour slightly changes and the batter no longer looks wet. Flip for a minute and then repeat the process with the remaining batter.

STORAGE



In an air-tight container on bench for
4 days or freezer for 3 months.

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