



TASTY CRUMPETS

HEAT LEVEL 

Satisfy your cravings with our Tasty Crumpets - light and fluffy, these breakfast treats are a delightful and satisfying way to start your day.

25 Mins

10 Servings

INGREDIENTS

250 ml (1 cup) cake flour
10 ml (2 tsp) baking powder
1 ml (pinch) Spur Seasoning Salt
10 ml (2 tsp) sugar
1 extra large egg
100 ml milk
100 ml water
45 ml (3 Tbsp) [Spur Salad & French Fry Dressing](#)
Butter and cooking oil for frying

METHOD

- 1 Sift the flour and baking powder together. Add the Spur Seasoning Salt and sugar.
- 2 Whisk the egg, milk, water and Spur Salad & French Fry Dressing together. Add to the dry ingredients and beat until smooth and lump free. Leave to stand for about 10 minutes, before using. If the batter is too thick, add a little water.
- 3 Heat the butter and oil in a griddle or frying pan. Spoon about 30 ml (2 Tbsp) of batter into the pan and fry on one side. When bubbles appear on surface, turn over and fry on the other side until golden brown. Serve with fresh fruits, butter, jam, syrup or honey.
- 4 Sift the flour, baking powder, Spur Seasoning Salt and cocoa powder together.
- 5 Add dry ingredients, alternately with Spur Salad & French Fry Dressing to creamed mixture. Mix well.
- 6 Spoon batter into prepared pans. Bake in oven for about 25 minutes or until baked through and skewer comes out clean. Leave to cool slightly in pan. Turn onto a cooling rack to cool completely.

VARIATIONS

Add any one of these to the batter

- 1 125 ml (1/2 cup) muesli
- 2 4 ripe, mashed, sliced or quartered bananas
- 3 125 ml (1/2 cup) grated raw pumpkin or butternut

TIPS

- 1 After removing the crumpets from the pan, place on a clean, dry dishcloth to keep them soft.
- 2 To freeze crumpets, stack them on top of one another with greaseproof paper in between and wrap in cling film. Freeze for up to 2 months.

