



GLUTEN-FREE High Tea English Crumpets!

By Erin Fletter

Prep Time 40 / **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 whole milk **** (for DAIRY ALLERGY sub dairy-free/nut-free milk)****
- 1 T (or 1 packet) active yeast

- 2 T 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 C sparkling water
- 1/2 tsp baking soda

Food Allergen Substitutions

GLUTEN-FREE High Tea English Crumpets!

Dairy: Substitute dairy-free/nut-free milk for whole milk.

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

Instructions

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measure + add

Heat **1 cup milk** until it is lukewarm. Measure and add **1 tablespoon of yeast** to the milk in a mixing bowl. Measure and add **2 tablespoons of sugar** to the bowl, too.

mix + rest + grease + preheat

Whisk milk with yeast and sugar and let rest for 10 to 20 minutes. Whisk the egg into the mixture. Generously grease a muffin pan with butter. 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 of gluten and nut free flour** and **1 teaspoon of salt**, then add to the milk mixture until well combined. Next, mix **1 cup of sparkling water** and **1/2 teaspoon of baking soda**, and add to your batter. Mix one more time, then let rest at room temp for at least 20 minutes or until the batter doubles in size. Meanwhile, make the Quickest Fruit Jam! (see recipe)

pour + bake + toast

Remove muffin pan from the oven, then pour batter halfway up each well. Bake the Crumpets for 20 to 30 minutes, or until they are cooked through. Meanwhile, mix up Sweet and Savory Butters! 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 Quickest Fruit Jam (see recipe), Sweet and Savory Butters (see recipe), and Proper Tea (see recipe)!

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 and glue with me. Can you see now why I'm a VIP?"

History

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.

Anatomy & Etymology

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.

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).

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.