

## SCOTTISH CRUMPETS

$\frac{3}{4}$  cup self-raising flour

1 tablespoon caster sugar

$\frac{1}{4}$  teaspoon baking powder 1 egg, lightly beaten

$\frac{2}{3}$  cup milk

1oz butter

3 or 4 crumpet rings, or use egg rings or muffin rings.

1. Sift flour, sugar and baking powder in medium bowl.
2. Make a well in centre, gradually add egg and milk. Beat until ingredients are well combined and mixture is smooth.
3. Brush a flat, non-stick pan and crumpet rings with a little butter. Place rings evenly apart in pan. Heat pan on low for 1 minute.
4. Place two tablespoons of mixture into each ring. Cook over very low heat for 8 minutes without turning. Crumpets are cooked when the surface has set and bubbles stop rising to the surface. Repeat with the remaining mixture.
5. Note: it is best to regease rings before each use, lift crumpet and ring together out of pan, run a sharp knife around edge to release crumpet from ring.
6. Eat warm from pan or toasted with your favorite sweet, try jam or honey.

By John Long.