



High Tea English "Crumpets"+Assorted Sweet & Savory Butters+Quickest Fruit Jam+Proper Tea

By Erin Fletter

Prep Time 40 / **Cook Time** 35 / **Serves** 4 - 6

Shopping List

☐ FRESH OR FROZEN

☐ 1/2 to 1 C fresh or frozen berries (strawberries, blackberries, blueberries, raspberries, or a combination!)

☐ DAIRY

☐ 1 stick or 1/2 C butter (see suggested Sweet & Savory Add-ins listed below)

☐ 1 1/2 C milk **(see allergy subs below)**

☐ PANTRY

☐ 1 T or 1 packet active dry yeast or instant yeast

☐ 1 1/2 tsp salt

☐ 1 T granulated sugar

☐ 1 1/4 C all-purpose flour **(see Gluten-Free Crumpets ingredients below)**

☐ 1/2 tsp baking soda

☐ 1/2 C sparkling water

☐ butter or oil to grease pan **

☐ 4 T + 1 tsp granulated sugar or honey + more to taste

☐ 1/8 tsp ground black pepper

☐ 3 decaf black tea bags (English Breakfast or Earl Grey are great!)

☐ HAVE ON HAND

☐ 3 C water

☐ SWEET BUTTER ADD-INS: (try one or more combos or make up your own) **(omit any options below if allergies present)**

☐ brown sugar + cinnamon or pumpkin spice

☐ orange zest + dried cranberries

☐ pure unsweetened cocoa powder + more sugar + peppermint extract or minced fresh mint

☐ honey + pure vanilla extract

☐ strawberries + orange zest

☐ SAVORY BUTTER ADD-INS: (try one or more combos or make up your own) **(omit any options below if allergies present)**

☐ fresh chives + parsley + lemon zest

☐ Parmesan cheese + fresh basil + fresh sweet corn

☐ lemon + capers

☐ chopped tomato + basil

☐ GLUTEN-FREE HIGH TEA ENGLISH CRUMPETS

☐ 1 C milk + more as needed **(see allergy subs below)**

☐ 1 T or 1 packet active dry yeast or instant yeast

☐ 2 T granulated sugar

☐ 1 egg **(see allergy subs below)**

☐ 1 1/2 C gluten-free/nut-free all-purpose flour

☐ 1 tsp salt

☐ 1/2 tsp baking soda

☐ 1 C sparkling water

☐ butter or oil to grease pan **

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).

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measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

mash: to reduce food, like potatoes or bananas, to a soft, pulpy state by beating or pressure.

mix: to thoroughly combine two or more ingredients until uniform in texture.

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).

chop: to cut something into small, rough pieces using a blade.

mash: to reduce food, like potatoes or bananas, to a soft, pulpy state by beating or pressure.

boil: to cook a food in liquid heated to the point of gas bubbles and steam forming (boiling point is 212 F at sea level).

steep: to soak a food, like tea, in water or other liquid so as to bring out its flavor.

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

- ☐ Bowls for mixing butters (2)
- ☐ Potato masher
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Medium saucepan
- ☐ Spoon for stirring

Ingredients

High Tea English "Crumpets"

- ☐ 1 C milk ****(for DAIRY ALLERGY sub 1 C dairy-free/nut-free milk)****
- ☐ 1 T or 1 packet active dry yeast or instant yeast
- ☐ 1 T granulated sugar
- ☐ 1 1/4 C all-purpose flour ****(for GLUTEN ALLERGY follow Gluten-Free Crumpet recipe)****
- ☐ 1 tsp salt
- ☐ 1/2 tsp baking soda
- ☐ 1/2 C sparkling water
- ☐ butter or oil to grease pan ******

GLUTEN-FREE High Tea English "Crumpets"

- ☐ 1 C milk + more as needed ****(for DAIRY ALLERGY sub dairy-free/nut-free milk)****
- ☐ 1 T or 1 packet active dry yeast or instant yeast
- ☐ 2 T granulated 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
- ☐ 1/2 tsp baking soda
- ☐ 1 C sparkling water
- ☐ butter or oil to grease pan ******

Assorted Sweet & Savory Butters

☐ Sweet Butter!

☐ 1/2 stick or 1/4 C butter, softened ****(for DAIRY ALLERGY sub dairy-free/nut-free butter)****

☐ 1 tsp or more granulated sugar or honey

☐ Suggested sweet add-ins (try one or more combos or make up your own—omit any options below if allergies present):

☐ brown sugar + cinnamon or pumpkin spice

☐ orange zest + dried cranberries

☐ pure unsweetened cocoa powder + more sugar + peppermint extract or minced fresh mint

☐ honey + pure vanilla extract

☐ strawberries + orange zest

☐ Savory Butter!

☐ 1/2 stick or 1/4 C butter, softened ****(for DAIRY ALLERGY sub dairy-free/nut-free butter)****

☐ 1/4 tsp salt + more to taste

☐ 1/8 tsp ground black pepper

☐ Suggested savory add-ins: (try one or more combos or make up your own—omit any options below if allergies present):

☐ fresh chives + parsley + lemon zest

☐ Parmesan cheese + fresh basil + fresh sweet corn

☐ lemon + capers

☐ chopped tomato + basil

Quickest Fruit Jam

☐ 1/2 to 1 C fresh or frozen berries, thawed (strawberries, blackberries, blueberries, raspberries, or a combination!)

☐ 1 T granulated sugar or honey

☐ 1 small pinch salt

Proper Tea

☐ 3 C water

☐ 3 T granulated sugar or honey

☐ 3 decaf black tea bags (English Breakfast or Earl Grey are great!)

□ 1/2 C whole milk ****(for DAIRY ALLERGY sub dairy-free/nut-free milk)****

Food Allergen Substitutions

High Tea English "Crumpets"

Dairy: For 1 C milk, substitute 1 C dairy-free/nut-free milk.

Gluten/Wheat: Follow Gluten-Free Crumpet recipe.

Dairy/Soy: Use soy-free/nut-free oil to grease the pan instead of butter.

GLUTEN-FREE High Tea English "Crumpets"

Dairy: For 1 C milk, substitute 1 C dairy-free/nut-free milk.

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

Dairy/Soy: Use soy-free/nut-free oil to grease the pan instead of butter.

Assorted Sweet & Savory Butters

Dairy: Substitute dairy-free/nut-free butter.

Various: Omit any sweet or savory butter add-ins if allergies are present.

Quickest Fruit Jam

Proper Tea

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

Instructions

High Tea English "Crumpets"

heat + whisk + rest

Heat **1 cup of milk** until it is lukewarm. Measure and add **1 tablespoon or 1 packet yeast** to the milk in a mixing bowl. Measure and add **1 tablespoon of sugar** to the bowl and whisk. Let rest for about 10 minutes.

scrumptious science

Even though yeast looks like large grains of sand, it is actually a living organism. Yeast is a label broadly

used to describe about 1,500 different kinds of fungi. This means that yeast makes up about one percent of the fungus you would come across in the world. The type we are using today is called active dry yeast. It means that the yeast is alive but sleeping in its container. To "wake up" the yeast, you will need to feed it its favorite breakfast: sugar! Once the yeast begins eating the sugar, it creates a byproduct: carbon dioxide. (I like to think of the yeast as burping little, itty bitty burps from eating the sugar too fast!) This carbon dioxide will later be trapped inside the crumpets dough you are creating in this recipe, which is super important for making a light, fluffy texture.

grease + preheat

Generously grease a muffin pan with **butter or oil**. Place the pan in your oven and preheat the oven to 350 F.

add + mix + rest

To a separate mixing bowl, add **1 1/4 cups flour** and **1 teaspoon salt**, then add to the milk mixture until well combined. Next, mix **1/2 teaspoon baking soda** and **1/2 cup sparkling water**, 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, you can make Quickest Fruit Jam if you would like.

pour + bake + toast

Carefully remove the empty **hot** 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, you can mix up Assorted Sweet and Savory Butters if you would like. 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 **Assorted Sweet and Savory Butters, Quickest Fruit Jam**, and cups of **Proper Tea!**

GLUTEN-FREE High Tea English "Crumpets"

heat + whisk + rest

Heat **1 cup of milk** in a saucepan (or microwave) until it is lukewarm. Measure and add **1 tablespoon or 1 packet yeast** and **2 tablespoons sugar** to the milk in a mixing bowl. Whisk and let rest for about 10 minutes.

scrumptious science

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whisk + grease + preheat

Whisk **1 egg** into the yeast mixture. Generously grease the wells of a muffin pan with **butter or oil**. 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 gluten and nut free flour** and **1 teaspoon salt**, then add to the milk mixture until well combined. Next, mix **1/2 teaspoon baking soda** and **1 cup sparkling water**, then add to your batter and mix. The batter will be thin enough to pour in a thin stream, slightly thinner than pancake batter. Add more milk if needed. Mix one more time, then let rest at room temperature for at least 20 minutes or until the batter doubles in size. Meanwhile, you can make Quickest Fruit Jam if you would like.

pour + bake + toast

Carefully remove the empty, **hot** muffin pan from the oven, then pour the batter halfway up each well. Bake the Crumpets for 20 to 30 minutes, or until they are cooked through. Meanwhile, you can mix up Assorted Sweet and Savory Butters if you would like. 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 **Assorted Sweet and Savory Butters, Quickest Fruit Jam**, and cups of **Proper Tea!**

Assorted Sweet & Savory Butters

divide + zest + chop

Divide **1 stick of soft butter** in half. Choose your ingredients and divide them into "sweet" and "savory" categories. Then zest any citrus fruit and chop any veggies, fruit, or herbs you've chosen.

measure + mix + mash

To your sweet butter, add **1 teaspoon of sugar or honey** and any other **sweet additions** you've chosen. To your savory butter, add **1/4 teaspoon of salt** or more to taste, **1/8 teaspoon of black pepper**, and any **savory additions** you've chosen. Mix and mash the butters separately until all ingredients are combined, then serve with warm **High Tea English "Crumpets"** and **Quickest Fruit Jam!**

Quickest Fruit Jam

chop + add

To a mixing bowl, add **1/2 to 1 cup of fresh or frozen and thawed berries**. Chop larger berries first to make them easier to mash. Next, add **1 tablespoon of sugar or honey** and **1 small pinch of salt**.

mash + squish

Mash berries using a potato masher until you have a smooth consistency. A few small chunks can remain and are delicious! Or, add chopped berries, sugar or honey, and salt to a resealable plastic bag, seal tightly, and squish with your hands until berries are mashed! Serve with warm **High Tea English**

"Crumpets" and Assorted Sweet and Savory Butters!

Proper Tea

boil + stir

Boil **3 cups of water** in a medium saucepan. Add **3 tablespoons of sugar or honey** and stir until dissolved, then remove from the heat.

steep + stir + pour

Add **3 decaf black tea bags**, and steep for 3 to 5 minutes. Add **1/2 cup of milk**, stir, pour, and enjoy!

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.