

Pikelets

Wheat grown in the local region would have been milled at a windmill, just like the Danzey Green windmill at Avoncroft.

Pikelets are sometimes called the poor man's crumpet.

Ingredients

Makes about a dozen pikelets.

230g / 8 oz plain flour

1 tsp fast action yeast

1 tsp caster sugar

300 ml / ½ pt warm milk

1 tsp salt

Method

Stir the flour, sugar and yeast in a bowl. Add the milk and whisk until a smooth batter is formed. Cover the bowl and put in a warm place until it has increased in size and bubbles, around two hours.

Stir in 1 tsp of salt.



Place a little vegetable oil in a frying pan and place over a medium heat.

Dollop a couple of desert spoonfuls into the pan and spread the mixture slightly. Cook until the top surface starts to dry and bubbles start to form on the top surface. You may choose to burst the bubbles.

Turn the pikelets over and cook for around 1 to 2 minutes.

The pikelets are delicious with butter and jam whilst they are still warm. Some people have been known to put cream on top!