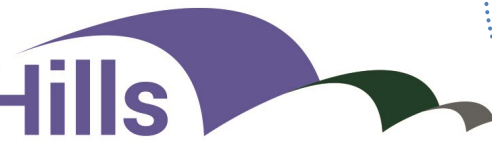


# Taste the Hills



## Recipes and Tips

Reluctant to discard half to two-thirds of your sourdough starter during a refresh, then turn your unfed starter into these.

### Sourdough Crumpets/pikelets

227g sourdough starter, unfed/discard

1 teaspoon sugar

1/4 to 1/2 teaspoon salt

3/8 teaspoon bicarbonate of soda

(If your discard starter is particularly sour, increase the bicarbonate of soda to 1/2 teaspoon.)

9-10 cm crumpet rings (you could make your own by removing the top and bottom of a small can). Or you can make free-form pikelets instead without the rings.

1. Place the starter in a medium-sized bowl. Stir in the sugar and salt, then the bicarbonate of soda. The batter should rise up and bubble a bit.
2. Heat your griddle/frying pan over medium-low heat. Lightly grease the surface with cooking oil, then melt a pat of butter atop the oil.
3. Lightly grease four rings and place on the griddle or make pikelets. Divide the batter evenly among the rings.
4. Cook for about 5 minutes, until the tops are set and full of small holes. Carefully flip the crumpets over, and remove the rings (they should pop right off), and continue to cook for about 3 minutes, until they are golden on the bottom.

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