

Valentines Day Crumpets with Bacon and Maple Syrup

Nothing says I Love You like bacon, crumpets and maple syrup ... With Valentine's Day falling on a Sunday this year, there's no excuse not to whip this little treat up for the people you love.

Yield: Approximately 15 Crumpets

Ingredients:

For the Crumpets

2 Cups self-raising flour

1 tbsp sunflower oil

45ml (9 tsp) castor sugar

2 eggs

5ml baking powder

250ml full cream milk

1 packet rindless smoked back bacon (or your favourite cut of bacon)

Maple Syrup

Fresh Strawberries

Method:

Mix together the milk, sugar, eggs and oil. Add the dry sifted ingredients and stir until well combined. Cover mixture with some cling film and allow to stand for at least an hour. So its best to make the mixture the night before which also means less work and less dishes for Sunday!

On Sunday morning - Preheat the oven to 180 degrees. Place your bacon on a baking tray lined with foil and cook in the preheated oven until crispy. Heat a pan over medium heat, add some butter and once the butter is hot, start frying ladlefuls of the crumpet mixture until bubbles start to appear, then gently flip over to cook the other side. Place on a cooling rack while you continue to make the rest. At this point you could use a heart shaped cookie cutter to shape the crumpets into

hearts but its not a must.

Plate up with a few crumpets on each place, a few streaks of bacon, some sliced strawberries and a generous drizzle of maple syrup ! Happy Valentines Day xxx





