Pikelets

Pikelets are yeast pancakes that are traditionally made on a griddle or bake stone. They are an old traditional recipe, probably originating in Wales as Pitchy Bread. This style of baking gave a flat bread which would absorb a lot of butter and filling.

400g strong white flour
7g dried yeast
Pinch of salt
Generous pinch of sugar
Tablespoon of oil
400ml water and milk mixed

Warm the flour to body heat and warm the milk separately to body heat. Mix all of the ingredients into a batter like consistency and leave for 1-2 hours to rise.




Heat a baking stone to a moderately hot temperature and lightly grease with oil. Without stirring the batted mix, spoon a ladle full onto the hot bake stone and allow to brown on the base. Turn it over and brown on the other side. Repeat the process until all of the dough is used.




Traditionally, the pikelets are served as a sweet, with butter and preserve. Spread whilst warm so that the butter melts into the pikelet and fold over into a parcel to eat by hand.

