Devon Split

The original Devon Cream Tea started with a small bread roll split horizontally and filled with jam and cream. This tradition extended towards the end of the Victorian period and only changed to scones with jam and cream in response to the demands of the Edwardian middle class tourists from around 1902 onwards. The bread rolls were traditionally different across the county, being called *rounds*, *splits*, *chudleighs* or *tuffs*.

450g strong white flour
Pinch of salt
Pinch of sugar
5g dried yeast
90ml full fat milk
75g unsalted butter
150ml tepid water




Put the milk and sliced butter into a small saucepan and warm on a medium heat until the butter is melted. Keep stirring and do not boil. Add ¼ of the water and leave to cool a little to prevent the hot liquid from killing the yeast cells.
Put the flour, salt, sugar and yeast into a large bowl. Mix in the melted butter from the pan and add enough water to mix into a stiff dough. The dough should cling around the mixing spoon and leave the sides of the bowl clean.



Using a small amount of flour, knead the dough until there is some resistance and leave to prove for about an hour.
Knead the dough a second time and form into small rolls. Place them onto a baking tray to rise. Paint the top of the rolls with warm water and allow to double in size.
Bake at 200°C for 13 to 15 minutes until done.

Traditionally, the rolls should tear in half horizontally and they should be filled with clotted cream or whipped double cream and good quality home-made jam.


