



SPRAYMALT LIGHT

This powdered malt extract will act as a natural flavour enhancer when used in small amounts (a dessert spoonful) in a host of recipes. Once opened seal the sachet by folding the top several times and clip shut with a clothes peg.

Sprinkle on breakfast cereals, add to your ice cream, include in your bread mix use it where you want a flavour boost - casseroles and stews, stir fries and gravies - go on, give it a go!

Malted Flapjack

INGREDIENTS

- 260g (9 oz) Oats
- 130g (4½ oz) Margarine/Butter
- 80g (3 oz) Soft brown sugar
- 40g (1½ oz) Golden syrup
- 40g (1½ oz) Spraymalt Light

DIRECTIONS

1. Pre-heat your oven to 180°C.
2. Melt the margarine in a saucepan on a gentle heat and combine the oats and sugar. Add the golden syrup and Spraymalt Light, and mix slowly until evenly coloured.
3. Pour the mixture into a baking tray and flatten until approx 3cm deep. Bake at 180 degrees C for up to 30 minutes. Allow to cool and cut into small rectangles.



FLAVYDRY

Flavydry powder is made from 100% malted roasted barley, and provides an excellent means of natural colour addition to a wide variety of dishes - without adding "E" numbers! Be careful as Flavydry is very strong, start with a little and add more as required to achieve the colour that you're looking for.

GRAVIES AND SAUCES

¼ teaspoonful to a pint of stock will introduce a warm richness of colour in any home made sauce or gravy.

CHUTNEY

Try adding ¼ teaspoonful to your pan of home made chutney - add more if you need.

MARINADES

Darken and enrich the appearance of your food by simply adding a little to the marinade.

PICKLED ONIONS

Become great looking - dark and aged by the simple addition of a teaspoonful of Flavydry to a gallon of pickling vinegar.

PATÉ

Add a little Flavydry to your home made paté to really give it a professional appearance.

FRUIT MINCEMEAT

Flavydry will really make your mincemeat rich and dark, just a little mind - you can always add more if you need to!

The **SUFFOLK MALTHOUSE** RANGE is made by:

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WORLD CLASS MALT



A FEW GOOD RECIPES USING MALT



The **SUFOLK MALTHOUSE** range can be used in loads of ways to improve your cooking.

As a natural enhancer, malt can be used to bring out the full flavour of your food.

Try these recipes and see for yourself just how good malt can be!



PURE MALT EXTRACT

This versatile ingredient can be used in a wide number of ways to enrich and enlighten your food.

Try adding a rounded dessert spoonful to a simple Bolognese or your home made chilli sauce and see how this improves the finished dish - richer flavour, a lovely shine and improved mouth feel. In your home baking try substituting malt extract 50/50 in any recipe that calls for sugar or golden syrup - flapjacks, cornflake cakes, caramel shortbread - the list is endless.

Yolanda's Steak'n'Ale Pie

INGREDIENTS

- 2lb (0.9kg) braising steak cut into cubes
- 1 x large onion – sliced
- 1 x 500ml bottle Charles Wells Bombadier beer (or similar)
- 2 x beef stock cubes
- 2 x tablespoons of Malt Extract
- Short crust pastry and an egg

DIRECTIONS

1. Place cubed braising steak and sliced onion into a slow cooker, add beer, malt extract and stock cubes.
2. Cook slowly for up to 18 hours. (If you don't have a slow cooker you can casserole on a low oven setting)
3. Leave to cool. Pour into individual ovenproof dishes, make (or buy) short crust pastry, roll into a thin sheet and top the dishes with the pastry, shape then slice the pastry to allow steam to escape and brush the top with a whisked egg. Cook for 40 minutes or until browned at gas mark 6, 200 degrees C.



MALTED WHEAT FLAKES

Simply sprinkle some into your bread making machine bread mix and see the difference. Or substitute up to 10% of the standard bread mix with malted wheat flakes for a tastier - and healthier loaf. Malted wheat flakes make a great addition to your flapjacks or when creating your own muesli - you can even sprinkle them on to your favourite breakfast cereal! If you are feeling really creative add some to your meatloaf.

Malted Grain Bread

Sufficient for two large loaves

INGREDIENTS

- 120g (4 oz) Malted Wheat Flakes
- 240g (8 oz) plain white flour
- 1 - tablespoon yeast
- 2 cups warm water
- 1 - tablespoon Malt Extract
- 2 - tablespoons vegetable oil
- 1 teaspoonful of salt
- 360g (12 oz) strong bread flour

DIRECTIONS

1. Combine the wheat flakes, plain white flour, and yeast in a bowl. Warm the water and stir in the malt extracts, then add to the flour mixture. Stir well, cover with a clean cloth and allow to ferment for 30 to 60 minutes. Add the oil and salt and then add the bread flour a little at a time until a soft dough is formed.
2. Allow to rest for 10 to 15 minutes, then turn out and knead for about 10 minutes or so. Place in a greased bowl and allow to rise, covered with plastic wrap until doubled in volume, about 1 1/4 hours, turn out and punch down.
3. Shape into two loaves and place in bread pans. Allow to rise until the dough is about 3/4 risen. Bake the bread in a preheated oven at 200 degrees C for about 30 minutes or cooked to your liking. Remove from pans and cool on a rack. Enjoy your freshly baked Malted Grain Bread!



NUTTIMALT

Made from whole malted wheat, Nuttimalt adds texture and flavour to any home made bread.

Great as a top dressing or include in the bread recipe itself as a replacement for up to 20% of the flour. Turn your white loaf recipe into a tasty malted bread. Great when baking with a bread machine. Put some into your breadcrumb mix next time you are making a coating. Perfect sprinkled onto the top of mashed potato in shepherds, cottage or fish pie.

Nuttimalt rolls

INGREDIENTS

- 170g (6 oz) Strong plain wholemeal flour
- 60g (2 oz) Nuttimalt
- 1 level teaspoon salt
- 1 level teaspoon sugar
- 15g (1 level tablespoon) soft tub margarine
- 1 sachet (6g) dried bread yeast
- 150 ml (2/3 cup) warm water

DIRECTIONS

1. Put the flour and most of the Nuttimalt in the mixing bowl, add the sugar, salt then the margarine - rub into the flour using your fingertips. Add the dried yeast, stir into the flour mix and then add all the water at once - stir together using a wooden spoon. Once the dough toughens, use your hands until it leaves the sides of the bowl clean (add a little more flour if it is too sticky). Then put the dough onto a floured surface and knead the dough for about 5 minutes until the dough feels smooth.
2. Divide the dough into six pieces, sprinkle and pat the remaining Nuttimalt on to the top. Place on to a greased baking tray and cover with oiled cling film and put in a warm place (the airing cupboard is ideal).
3. When the rolls have doubled in size (after about 30 minutes), remove the cling film and place the tray in the centre of a preheated oven (230°C/450°F/Gas Mark 8). Bake for 20-25 minutes. They should be golden brown and sound hollow when tapped underneath. Put the loaf on a wire rack to cool and then tuck in!