



BAKED APPLES

Preparation time: 30 – 35 minutes

Cooking time: 60 minutes

Skill level: Easy!

INGREDIENTS

- 4 baking apples
- 120g dried chopped dates
- 120g dried chopped apricots
- 1 tablespoon malt extract
- 60ml warm water

For the glaze

- 60g brown sugar
- 100ml water
- 1 tablespoon malt extract

TIP

Serve immediately with a spoonful of ice cream or fresh cream.

METHOD

Soak the dried fruit in the malt extract and water mixture for 30 minutes. Meanwhile, wash the apples and remove their cores. Fill the middle with the soaked fruit mixture and gently score around the circumference of the apples to stop them bursting during cooking.

Pre-Heat oven to 150°C. In a large casserole dish mix in the brown sugar, water and malt extract and sit the apples on top. Cover the dish with a lid or tin foil and bake in the oven for 45-60 minutes until the apples are soft.



Muntons make more than just malt. For example, Muntons are Europe's largest homebrew manufacturer, making beer and wine making kits that can be found in specialist homebrew shops, online and through some high street retailers.

**DID
YOU
KNOW?**



MALT..

the undiscovered ingredient

Using these recipe cards we will try to show you how this fascinating ingredient can bring improvements to virtually all of your cooking. In addition to the recipe featured, why not try adding a dessert spoonful of malt extract to any sauce you make; into your gravy or try using malt extract in place of half of the sugar called for in your baking recipes. We know you will be surprised by the difference this can make.

Soaking the dried fruit in malt extract helps it to plump up and absorb the wonderful malty flavours. The glaze is a simple malt, sugar and water mix, which not only adds a lovey sheen to the apples but adds extra sweetness to the apple juices. Although this recipe includes malt for flavour, it is not overpowering and produces a wonderful subtly-sweet malted toffee/caramel flavour, beautifully balancing the natural tartness of the baked apples.

For this recipe you will need to have a jar of malt extract to hand. Malt is made from barley, a cereal grown extensively in our region; it is made by sprouting the barley just enough to allow natural enzymes to be developed in the barley that can convert starch into sugar. At Muntons our malt extract is made by adding just water and heat – nothing else. We crush our malt and soak this in hot water to encourage the natural enzymes to convert the barley starch into sugars and then boil this to drive off most of the water leaving the sticky glossy syrup that you spoon from the jar. Jars of malt are available from health food shops and pharmacists.

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Passionate about malt