



BAKLAVA

Preparation time: Less than 30 minutes (+ cooling time)

Cooking time: 30-40 minutes

Skill level: Moderate - Hard

INGREDIENTS

- 1 packs of filo pastry (approx. 12 sheets)
- 75g butter
- 75g malt extract
- 120g Nuttmalt
- 50g granulated sugar
- 1 tsp cinnamon

FOR THE SUGAR SYRUP:

- 300g granulated sugar
- 250ml water
- ½ tablespoon orange extract

METHOD

Preheat oven to 180°C (Fan). Grease and line a 17cm x 28cm baking tray, then mix Nuttmalt, sugar and cinnamon together in a bowl. Melt the butter and malt extract together in a saucepan.

Lay four sheets of filo pastry into the lined tray, brushing each sheet with the melted butter/malt mixture. Scatter half the Nuttmalt evenly over the pastry. Repeat once more with four more sheets of filo pastry and once again brush with the melted butter and malt mix and sprinkle with the remaining Nuttmalt. Using a sharp knife, cut all the way through the pastry, cut slits at diagonals one way, and again the other in a criss-cross pattern to produce diamond shapes.

Bake in the oven for 20 minutes or until the pastry is golden, then remove and allow to cool (keeping in the tin). In a saucepan on a low heat dissolve the sugar, water and orange extract. Bring to a gentle boil, stirring occasionally until thick and syrupy. Pour over the layered pastry and place in the fridge for approx. 1 hour before eating.



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.

Nuttimalt is used with this Baklava recipe in place of ground nuts and malt extract is included to offset some of the sweetness of the sugar syrup. Nuttimalt is great at replicating nut textures and gives wonderful malt flavour bursts. Malt extract not only tames some of the sugary sweetness but when used with orange extract merges to produce a wonderful flavour combination.

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.

About Nuttimalt...

Nuttimalt is kibbled malted wheat made by coarsely cutting malted wheat grains into delicate pieces which are similar in texture to nuts and is a very versatile ingredient - a real 'must have' for your ingredients cupboard and can be purchased from the Bakery Bits website in a 500g pack.

<http://bakerybits.co.uk/catalogsearch/result/?q=nuttimalt>

www.muntons.com


Muntons
Passionate about malt