



# CHEESE TWISTS

## *with a twist*

*Preparation time: 60 minutes*

*Cooking time: 20 minutes*

*Skill level: Moderate - hard*

### INGREDIENTS

#### For the Pastry

- 225g plain flour
- 1 tsp sea salt
- 25g Nuttimalt
- 250g butter
- 15g malt extract
- About 95ml cold water

#### For the Filling

- 8 rashers of smoked streaky bacon
- 150g smoked hard cheese
- 25g English mustard
- 1 egg
- 20g Nuttimalt to top

### TIP

Perfect as an afternoon pick-me-up or as a savoury treat in the evening.

### METHOD

Make the pastry by roughly breaking the butter into small chunks on top of the flour, salt and Nuttimalt. Rub loosely so you can still see lumps of butter. Bring this together into dough by adding malt extract and then gradually adding the water. Cover with cling film and leave to rest for 20 minutes in the fridge.

Place the dough onto a floured surface and shape into a rectangle and roll until roughly 4mm in depth. To create layers, fold one end into the middle and then bring the other end over the pre-existing fold. Roll back to 4mm and repeat the folding and rolling process three times.

Once the pastry dough is complete, cut it into 2-inch strips then add a couple of teaspoons of water to the mustard, spreading it evenly over the pastry. Lay a rasher of raw streaky bacon to each pastry strip followed by a sprinkling of cheese. Hold each end of the pastry and twist in opposite directions. To finish, brush with egg and finally top with a generous helping of cheese and a sprinkle of Nuttimalt. Place in a pre-heated oven at 180°C and bake for 20 minutes.



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.

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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.

Adding Nuttmalt into the pastry of the cheese twist adds bite and crunch and improves the visual appeal. Malt extract meanwhile boosts the savoury notes of the cheese straws and helps to bind the wonderful smokiness and cheesiness together.

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 Nuttmalt...**

Nuttmalt 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=nuttmalt>

[www.muntons.com](http://www.muntons.com)

  
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Passionate about malt