



# CHICKEN WINGS

*Preparation time: Less than 15 minutes*

*Cooking time: 35-40 minutes*

*Skill level: Easy!*

## INGREDIENTS

- 1 packet of chicken wings (approx. 800g)
- 120g peanut butter
- 1 tablespoon dark soy sauce
- 60g malt extract
- 40g runny honey

## METHOD

Pre-heat oven to 200°C (fan). Mix the peanut butter, soy sauce, malt extract and honey in a large microwavable bowl and warm for around 30 seconds in the microwave. Mix together until smooth and place to one side. Place the wings on an oiled tray and bake in the oven for about 15 minutes then remove and tip the wings into the bowl with the malted peanut sauce and coat thoroughly. Tip them back onto the tray and return to the oven for a further 15 minutes or until sticky and caramelised. Serve with a good quality coleslaw.



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.

By using malt extract with the chicken wings as a partial replacement for honey, the glaze became more savoury, made the peanut flavour more intense whilst also introducing a slight fruitiness. Once baked, the chicken became far glossier, juicier and very addictive.

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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**Muntons**  
Passionate about malt