



# CHOCOLATE ORANGE BABKA

*Preparation time: 60 minutes + 2 hours total proving time  
(kick your feet up and have a brew)*

*Cooking time: 25-30 minutes*

*Skill level: Moderate - Hard*

## INGREDIENTS

### BREAD:

- 130ml warm whole milk
- 15g fresh yeast or 7g dried yeast
- 60g malt extract
- 550g white bread flour
- 2 whole eggs
- 1 egg white
- 1 teaspoon salt
- 45g unsalted butter (cubed)
- 1 large orange (zested)

### FILLING:

- 30g malt extract
- 250g chocolate spread
- 50g Nuttimalt

### MALT SUGAR GLAZE:

- 85ml water
- 10g malt extract
- 75g granulated sugar

## METHOD

Mix the orange zest, flour, salt and yeast ingredients together in a bowl, make a well and add butter, eggs, milk and malt extract, then work together into a dough. Knead the dough on a work surface sprinkled with flour until smooth and elastic, then return to the bowl, cover with cling film and leave to prove in a warm place for 1 hour. Tip dough onto a floured surface and roll into a large rectangle about 30cm x 30cm.

**FOR THE FILLING:** Pour the malt extract in the middle of the dough, then wet your hands in warm water and spread the malt extract over the surface of the dough. Next add the chocolate spread and repeat the same process. Finally sprinkle Nuttimalt over the surface.

### TO ASSEMBLE AND BAKE

Starting from the edge nearest you, roll tightly like a swiss roll, pushing down slightly at the end to seal. With a sharp knife cut through the length of the dough so that you have two pieces with the middle exposed. Take two ends and push together and then create a plait by twisting the pieces over each other, sealing the other ends together. Place in a lined loaf tin. Leave to prove for 1 hour. Pre-heat oven to 160°C (fan) and bake for 25-30 minutes until golden. Remove from the oven and allow to cool slightly.

**FOR THE SUGAR SYRUP:** In a saucepan bring the water, sugar and malt extract to the boil and until sugar is fully dissolved then pour over the Babka and allow to fully cool.



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.

Adding malt extract to the Babka dough introduces a lovely soft and fluffy texture with a golden crust, whilst Nuttmalt not only complements the nutty flavours from the chocolate spread but adds an extra crunch without the need for additional nuts.

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...

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=nuttmalt>

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

  
**Muntons**  
Passionate about malt