



CHUTNEY

Preparation time: 30-40 minutes

Cooking time: 1-1 ½ hours

Skill level: Moderate!

INGREDIENTS

- 150g red onion (diced)
- 130g swede (finely diced)
- 1 large cooking apple (de-cored and finely diced)
- 1 large carrot (finely diced)
- 1 small cauliflower (broken into small florets)
- 100g tomato puree
- 120g soft brown sugar
- 180ml malt vinegar
- 1tsp ground coriander
- 1tsp caraway seeds
- Juice of ½ lemon
- 1tsp salt
- 80g malt extract
- 200ml water

METHOD

Heat oven to 140°C (120°C fan). Wash jars in hot, soapy water then rinse well and place on a baking sheet, then place them in the oven for a few minutes to sterilise and allow to dry completely.

Place all chutney ingredients in a large pan and bring to the boil. Turn down and leave to gently simmer for about 90 minutes, stirring regularly to prevent sticking. Once glossy and thick remove from the heat, allow to cool, then spoon into the warm dry jars, seal, label and store in a cool dark place.



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.

In this recipe for a lovely chunky chutney, malt extract is used to soften the acidity of the vinegar and pull together the flavours of the spices and vegetables. Malt extract also brings a deep shine and adds a richness of colour, producing a chutney which works as the perfect accompaniment to meats, cheese or even just simple oat crackers.

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