



HOT SPICED MALT MILK

INGREDIENTS

(Makes several mugs)

500ml of your preferred milk (I prefer to use full fat)
130g malt extract
10g caster sugar
1 vanilla pod or 5g vanilla extract

For a spiced version use

2 star anise
1 cinnamon stick
A light sprinkle of ground nutmeg

METHOD

Pour the milk into a heavy based saucepan, scoop in the malt extract and sugar, then stir gently. Cut the vanilla pod in half, scrape the seeds out and place straight into the milk along with the pod. Bring to a gentle simmer stirring occasionally to ensure it does not stick to the base of the pan.

If you would like to make your drink more chai style, place the star anise and cinnamon stick into the milk and allow the flavours to infuse. To finish, sprinkle lightly with nutmeg. Decant into your favourite mug or glass, drink and your troubles will melt away...



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.

Malt really is the driving flavour here, bringing a distinctive rich and warming taste to this beverage. You can also spice up your drink, if you prefer things a little more exotic, by infusing star anise or cinnamon. Additionally you could try adding some nutmeg for a really zingy malted milk. Using malt in the mix means these spicy flavours are rounded beautifully leaving a smooth rich finish with no harsh tones.

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