



LASAGNE CON MALTO

INGREDIENTS

For the ragù

500g minced beef
300g chopped tomatoes
100g passata
1 large chopped onion
3 cloves of crushed garlic
1 tsp each basil and rosemary
3 large tbsp of malt extract
One small glass of red wine
1 tbsp olive oil
Fresh lasagne pasta sheets

For the béchamel sauce

100g plain flour
100g butter
300ml milk
1 tsp malt extract

For the topping

20g Nuttimalt^{TFC}
100g grated cheese

METHOD

For the ragù

Gently fry the mince in a saucepan with the olive oil, chopped onion, crushed garlic, malt extract, rosemary and basil until the mince has browned. Add the wine, chopped tomatoes and passata, and cook gently for a minimum of 30 minutes, stirring occasionally.

For the béchamel sauce

Melt the butter in a saucepan with the malt extract, add the flour stirring continuously for 2 minutes while slowly adding the milk, stirring all the while until thickened.

To assemble the lasagne, in your favourite lasagne dish, pour a layer of the ragù sufficient to thinly cover the base, then add lasagne pasta sheets, top with some béchamel to cover and repeat until the ragù has been used. Finish with a layer of pasta, top with béchamel sauce, grated cheese and Nuttimalt^{TFC}. Bake in an oven at 180°C for about 45 minutes until the top is lightly browned.



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 works its magic in this dish by adding a deep shine to the meat layer as well as intensifying the flavours to give a real "mmm" to every mouthful. Mixing Nuttmalt^{TFC} with the white sauce and adding cheese brings an interesting crumble to the top adding a little crunch giving it a show-stopper appearance – more brownie points with the family.

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