



# MACARONI CHEESE

*Preparation time: 30 - 40 minutes*

*Cooking time: 15 - 20 minutes*

*Skill level: Moderate*

## INGREDIENTS

**(4 to 6 servings)**

- 100g butter
- 1 clove garlic (crushed)
- 150g plain white flour
- 680ml milk
- 70g cheddar cheese  
(Plus, extra 30g for topping)
- 70g Red Leicester cheese  
(Plus, extra 30g for topping)
- 30g Nuttimalt
- 600g dried macaroni
- 32g malt extract
- Sprig of parsley to garnish

## TIP

Garnish with a sprig of parsley to improve the visual appeal.

## METHOD

Bring a large pan of water to the boil and add the Macaroni. Cook for 10 minutes until soft, then drain and leave to cool in the pan, away from the heat.

### To make the cheese sauce

Melt the butter with the garlic in a saucepan and then gradually add the flour. Stir continuously until it has thickened and forms a paste.

Continue to cook for 1 – 2 minutes and gradually add the milk, mixing in between additions until it is lump free. Add the cheese and malt extract and stir through until completely melted, then pour onto the macaroni and mix together.

Transfer into your favourite oven dish, top with the cheese and Nuttimalt and place in an oven pre-heated to 180° C for around 15 minutes until golden and crisp on top.



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 extract brings a deep glossy shine to the cheese sauce whilst also masking some of the cooked-flour notes that can often appear with a roux. It also adds a subtle sweetness which complements and enhances the cheese taste. Finally, sprinkling Nuttmalt on top adds some much-needed texture and crunch and brings the dish perfectly together.

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...**

Nuttmalt 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