



# MALT SPREAD

**Preparation time:** Less than 15 minutes + setting time

**Cooking time:** Less than 30 minutes

**Skill level:** Easy!

## INGREDIENTS

- 350ml whipping cream
- 220g malt extract
- 150g Nuttmalt
- 30g cocoa powder
- 50g milk powder
- 10ml vanilla extract
- 30g vegetable oil
- 100g milk chocolate

## METHOD

In a saucepan, bring the cream, milk powder, malt extract and Nuttmalt to the boil, stirring continuously. Then turn down the heat and simmer gently for a further 2 minutes during which time the Nuttmalt will start to absorb the flavours from the mixtures. As it starts to thicken, take it off the heat and add the cocoa powder, oil and milk chocolate. Stir until the chocolate has fully melted. Finally, tip into a food processor and blend until smooth then spoon into tubs or sterilised jars and store in a cool 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.

**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.

Nuttimalt is used in this malt spread in place of hazelnuts, helping to offset some of the smoothness of the chocolate by adding a delightful delicate crunch with plenty of malt flavour bursts. Malt extract has been used instead of refined sugar, introducing a subtle sweetness, and blending deliciously with the chocolate. It also helps to mellow some of the harshness and bitterness of the cocoa powder. This delicious spread not only works on toast but makes a great topping on ice-cream, or even as a cake filling.

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 Nuttimalt...

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=nuttimalt>

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

  
**Muntons**  
Passionate about malt