



MALTED BARBECUE RIBS

Preparation time: Less than 15 minutes
(+ time 30-60 minutes marinating)

Cooking time: Approx. 60 minutes

Skill level: Easy!

INGREDIENTS

- 1 teaspoon olive oil
- ½ a small onion – finely chopped
- 3 garlic cloves – finely chopped
- 100ml malt vinegar
- 2 teaspoons mustard powder
- 2 teaspoons smoked paprika
- 2 tablespoon tomato puree
- 1 can chopped tomatoes
- 150g dark brown sugar
- 1 tablespoon malt extract
- 1 pack of pork ribs

METHOD

Heat the oil and malt extract in a small saucepan and gently cook the onion and garlic for 4-5 minutes until soft. Add the malt vinegar and all the other ingredients and bring to a gentle simmer. Keep on a low heat and simmer for around 10 minutes until the sauce has reduced slightly, the sugar has fully dissolved and the sauce has started to thicken.

Using a blender, mix until fully smooth. Massage the sauce onto the ribs and leave to marinate for around 30-60 minutes before roasting in a pre-heated oven at 180°C for 30-35 minutes, or over a barbeque until cooked and slightly charred.



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 is used to bring out a depth of flavour to the sauce, making the tomatoes more tomatoey as well as bringing all the spices together into one rich and sublime flavour. As tasty as the sauce is on its own, when used as a marinade brings out a lovely shine and tenderises the meat.

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.

www.muntons.com


Muntons
Passionate about malt