



MALTED MOUSSE

Preparation time: less than 30 minutes

Cooking time: less than 30 minutes

Skill level: Moderate

INGREDIENTS

- 250g milk chocolate
- 20g malt extract (mousse)
- 8 medium egg whites
- 280g caster sugar
- 300ml double cream
- 40g malt extract (cream topping)
- Crushed Maltesers

TIP

Make more than you think you will need – there could well be requests for second helpings!

METHOD

Melt the chocolate and 20g of malt extract in a bowl set over a pan of simmering water. Stir continuously so that the chocolate and malt mix doesn't split. Once melted leave over the bowl of water and turn off the heat. In a clean bowl or mixer, whip the egg whites to soft peaks. Gradually whisk in the caster sugar until thick. Stir two tablespoons of the mixture into the chocolate the fold in the remainder with a metal spoon.

To serve, spoon into glasses and place in the fridge for at least 20 minutes. Meanwhile, lightly whip the cream with 40g malt extract and spoon over the mousse and finish by decorating with crushed Maltesers.



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.

Adding malt extract not only adds a delicate malted sweetness to the mousse but also introduces a silkier mouthfeel. The blend of chocolate and malt produces a wonderful flavour, creating a dessert so delicious it will severely test your will-power.

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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Muntons
Passionate about malt