



MALTED SOFT OAT COOKIES

Preparation time: less than 15 minutes

Cooking time: less than 15 minutes

Skill level: Easy!

INGREDIENTS

- 90g granulated sugar
- 180g demerara sugar
- 40g malt extract
- 100g vegetable fat
- 90g butter
- 1 small egg (beaten)
- 200g flour
- 140g oats
- 5g bicarbonate of soda
- 130g currants
- 100g Nuttimalt

METHOD

In a food mixer, cream the butter, vegetable fat, egg and malt extract together until soft and creamy. Add all the other ingredients and mix together until a soft dough is formed. Preheat the oven to 180°. Grease a baking tray then weigh out 50g pieces and roll these into balls. Place them well spaced apart (they will spread) and flatten slightly. Bake for 10-15 minutes. Remove from the oven and allow to cool slightly before removing from the tray.



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 here to replace some refined sugars and Nuttimalt adds a lovely depth of flavour and texture.

The combination of these two malted ingredients adds wholegrain goodness, introduces natural vitamins and provides a source of slow release energy, making this a wholesome healthy snack.

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


Muntons
Passionate about malt