



MALTED MINCE PIES

INGREDIENTS

For the filling

411g jar of mincemeat
20g malt extract

For the Pastry

200g plain flour
55g Nuttimalt^{TFC}
66g butter
66g vegetable fat
35g caster sugar
5g malt extract
30ml water

METHOD

For the mincemeat

Mix the malt extract with the mincemeat until fully combined.

For the pastry

Rub the butter and vegetable fat in with the flour, Nuttimalt^{TFC} and malt extract until breadcrumbs are formed. Add sugar and water and mix until it comes to a dough. Roll dough to about 3mm thick then using a pastry cutter, cut into a 12 hole cake tin and spoon some mincemeat into the centre. Using a slightly smaller pastry cutter, cut a star or a lid, and seal over the top of the mincemeat. Brush with milk and bake in the oven for 20-25 minutes at 180°C.



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 adds a deep shine to the mincemeat and enhances the fruity flavours. By using Nuttimalt^{TFC}, the pastry takes on a 'rustic' finish making it strikingly unique and it also adds a delightfully surprising texture – a real treat for the palate.

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