



MALTED MUESLI BREAKFAST BISCUITS

INGREDIENTS

50g vegetable fat
50g unsalted butter
40g caster sugar
40g malt extract
1g vanilla extract
150g plain flour
2g bicarbonate of soda
60g Nuttimalt^{TFC}
25g sunflower seeds
50g dried cranberries
30g dried currants
5g poppy seeds
White chocolate

METHOD

In a food mixer cream the first five ingredients together until soft and fluffy. In a separate bowl mix together the remaining ingredients and then gently tip into the food mixer with the other blended ingredients. Fold in gently until a soft dough is formed, scraping down when necessary. Grease and line a baking tray, and scoop out about 30g of the biscuit mix. Using your hands roll into a ball and flatten with the palm. Repeat until the mixture is used up.

Bake in the oven at 180°C for about 22 minutes, remove and quickly transfer to a cooling rack. Allow to cool thoroughly before dipping into melted white chocolate. Allow to set and enjoy.



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^{TFC} works as a nut alternative, providing a great texture and crunch to the biscuit making it quite similar to biscotti. This is used in conjunction with malt extract to provide a great malty taste, also helping to bind the ingredients together. For an extra luxurious biscuit, half dip the cooked biscuit in white chocolate – the malt flavours entwine sublimely.

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