



MALTY APPLE CRUMBLE

INGREDIENTS

For the toffee apple filling

80g raisins
80g soft brown sugar
40g light malt extract
30g unsalted butter
30ml water
600g granny smith apples, (cored and cut into half rings)

For the crumble

190g plain flour
150g butter
75g soft brown sugar
60g Nuttimalt^{TFC}

METHOD

For the toffee apple filling

Place all the ingredients apart from the apples in a microwavable bowl, and heat in the microwave for about 90 seconds until fully melted and syrupy. Stir in the apples and then spoon the mixture into your favourite crumble dish.

For the crumble

Rub the butter into the flour to form crumbs, then mix through the sugar and the Nuttimalt^{TFC}. Scatter over the apple filling.

Bake for about 45 minutes in a 190°C fan oven covered in foil, and a further 15 minutes once the foil has been removed until the crumble is golden and the sauce is bubbling.



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.

The use of malt in this recipe adds a deep golden colour to the syrup and the apples, whilst also boosting the toffee style flavours without an intense 'sweet' hit. In the crumble topping malt gives a delightful rustic appearance and a great texture – something that simply cannot be achieved using other grains, such as rolled oats.

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