



AMERICAN PANCAKES

with chocolate & red wine syrup

INGREDIENTS

For the pancakes

225g plain flour
1 egg
11g baking powder
30g melted butter
300ml semi-skimmed milk
a good pinch of salt
and of course...
15g Malt Extract!

For the sauce

250ml red wine (Cabernet Sauvignon – homemade is ideal)
75g caster sugar
10g finely chopped dark chocolate

METHOD

For the sauce

Heat the sugar and wine together gently in a saucepan until the sugar dissolves. Bring to the boil and leave to simmer for 5 minutes. Add the chocolate whilst the sauce is bubbling away and simmer for a further 5 minutes but stir constantly so the chocolate does not burn. Remove from the heat, and decant into a heat resistant container to cool down.

For the pancakes

Combine all the pancake ingredients into a mixer and mix on medium speed for 30 seconds, then high speed for another 30 seconds – you can blend by hand if you prefer. Very lightly grease a frying pan with butter and heat on high, until the pan is VERY hot. Dollop on some of the pancake mixture. Fry on the first side for 1 minute (or until you see mini air pockets form), flip over, and fry on the other side for 1 minute. Your pancake technique will improve with practice!



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 malt extract used in these pancakes is a direct replacement for the sugar. As malt extract is sweet you still get the sweetness you would have got from the sugar but unlike simple sugar, malt extract will also give the pancakes an amazing golden colour and a lighter and fluffier texture.

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