



# BUTTERNUT CHILLI

*and Malted Cornbread*

## INGREDIENTS

### For the chilli

1 can of mixed beans (in water, drained)  
700g chopped tomatoes  
120g chopped butternut squash  
1 large red onion (sliced)  
2 cloves garlic (crushed)  
500g beef mince  
1 tbsp olive oil  
2 tbsp of Malt Extract (for frying)  
2 tbsp of Malt Extract (for sauce)  
Chilli powder & paprika to taste  
(alternatively use 1 packet of mild Chilli Con Carne mix)  
150ml water

### For the cornbread

190g self-raising flour  
250g cornmeal or polenta  
85g grated cheese  
20g coriander paste  
1 red chilli, deseeded & finely chopped  
2 eggs lightly whisked  
270ml buttermilk  
55g melted butter  
40g Malt Extract  
3tsp of lime juice

## METHOD

### For the chilli

In a casserole dish, mix all the ingredients except the oil, mince and malt extract. In a saucepan or frying pan, fry the mince in the oil and malt extract until browned. Add to the casserole dish with all the other ingredients and add lid. Cook in an oven at 180°C for 2 ½ hours.

### For the cornbread

Combine all in a bowl and knead to dough which will be quite sticky. Deposit into muffin cases and bake in an oven at 180°C for 20 minutes. Allow to cool slightly before serving.



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.

For this chilli we have suggested using Butternut squash but around Halloween why not try pumpkin instead! Malt extract is used initially when frying to tenderise the mince, then in the sauce to round the flavours and reduce the sharpness of the tomatoes and improve mouth-feel. In the cornbread the malt extract softens the dough and enhances the lime flavour.

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.



**Muntons**  
Passionate about malt

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