



CARROT SOUP

INGREDIENTS

300g carrots peeled and sliced
100g red onion diced
1 vegetable stock cube
8g lemongrass paste
8g ginger paste
2g dried paprika
50g Malt Extract
300ml boiling water

METHOD

Gently fry the carrots and onion in a saucepan with the malt extract, herbs and spices until well glazed and starting to soften. Crumble in the stock cube, and stir in, followed by the water. Boil for roughly ten minutes or until the vegetables are soft. Blend until smooth and to your desired consistency. Pour into your favourite mug or bowl and serve with a generous slice of malted bread.



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 is incorporated into this soup recipe for a number of reasons. It brings vibrancy to the soup, working beautifully to bring together and intensify the delicate flavours brought by the lemon grass and ginger and as malt extract is a natural flavour enhancer it helps to intensify the natural carrot 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.

www.muntons.com


Muntons
Passionate about malt