



MALTED CHELSEA BUNS

INGREDIENTS

For the Dough

- 500g Bread Flour
- 1 tsp of Salt
- 7g Fast Acting Yeast
- 260ml Milk
- 40g Unsalted Butter
- 50g Nuttimalt
- 20g Light Malt Extract
- 1 Egg

For the Filling

- 250g Mixed Dried Fruit soaked in 60g Warm Malt Extract
- 75g Soft Brown Sugar
- 10g Cinnamon
- 30g Malt Extract (warmed) for brushing the dough

METHOD

For the Dough

In a bowl, mix together the flour, salt, yeast and Nuttimalt. In a pan, gently warm the milk, butter and malt extract and pour over the flour mixture. Bring together until a soft dough is formed. Tip the dough on to a work surface and knead until smooth and elastic. Place the dough into an oiled bowl and leave to rise until doubled in size.

To Add the Filling

Soak the mixed dried fruit in 60g warm malt extract. Once the dough has risen, place on a work surface, flatten, then roll into a rectangle, about 30 cm x 20cm. Using a pastry brush, brush the surface of the dough with some warm malt extract then dust with sugar and cinnamon and then add the soaked mixed fruit. Working from the furthest away edge, roll the dough towards you, keeping it as tight as possible. With a sharp knife, cut to 4cm pieces and place each piece into a greased tray and leave to rise for another 30 minutes. Finally bake in the oven for 20-25 minutes until golden brown. Remove from oven and allow to cool.

You can decorate with a simple icing sugar and water mix, or brush with some more warmed extract for an extra gloss and light malty flavour.



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.

These Chelsea buns really benefit from the addition of Nuttmalt, which gives an interesting, almost 'rustic,' appearance to the dough. They provide a 'nutty' flavour and added an extra textural bite, otherwise lost in this sweet dough. Malt extract is included to bring some extra colour and to introduce a lovely warm and comforting flavour. It also brought an amazing shine to the bun.

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.

About Nuttmalt...

Nuttimalt is kibbled malted wheat made by coarsely cutting malted wheat grains into delicate pieces which are similar in texture to nuts and is a very versatile ingredient – a real 'must have' for your ingredients cupboard and can be purchased from the Bakery Bits website in a 500g pack.

<http://bakerybits.co.uk/catalogsearch/result/?q=nuttimalt>



Muntons
Passionate about malt

www.muntons.com