



MALTED CHICKEN GOUJONS

with Tomato Dip

INGREDIENTS

For the Goujons

- Seasoned Plain Flour
- 2 eggs beaten with 30g Malt Extract
- 120g Dried Breadcrumbs
- 100g Nuttmalt
- A heavy teaspoon of Cayenne pepper
- 650g Mini chicken fillets

For the Ketchup

- 300g Chopped tomatoes with garlic and herbs
- 30g Tomato Puree
- 30g Dark Brown Sugar
- 30ml Red Wine Vinegar
- 35g Malt Extract

METHOD

For the Goujons

Preheat oven to approx. 180°C. Have ready 3 separate bowls. The first is for the flour. The second bowl for the egg and malt extract (warm the egg and malt extract mixture for about 30 seconds then whisk until thoroughly combined) and the third bowl for the mixed breadcrumbs Nuttmalt and pepper.

Take the chicken fillets and dip them into the flour, then the egg mixture and finally the crumb mixture and place on a baking tray. Bake for approx. 20-25 minutes until golden and crisp.

For the Ketchup

Place a saucepan with all the ingredients on a medium high heat and let it bubble away for around 10-15 minutes, stirring occasionally until thickened. Using a fork (or better still a food processor) blitz until smooth and serve with your crunchy golden goujons.



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.

Nuttimalt is used in the crumb coating to not only bring a fantastic rustic and wholesome appearance, but to add a lovely crunch to every mouthful. Adding malt extract into the egg-wash locks in the juiciness of the chicken. In the home-made ketchup, malt extract reduces the acidity of the tomatoes whilst also making it more "tomatoey." Finally, it also adds a luxurious velvety mouthfeel which contrasts sublimely with the crunch of the goujons.

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 Nuttimalt...

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>

www.muntons.com


Muntons
Passionate about malt