



CHICKEN STROGANOFF

with malted rice

INGREDIENTS

(Serves 4)

For the stroganoff

1 tbsp of oil
400g sliced chicken breasts/fillets
1 red onion (sliced into half moons)
225g sliced mushrooms of your choice
130g crème fraiche
250ml water with 1 chicken stock cube
1 tsp paprika
1 tbsp of Malt Extract

For the rice

200g long grain rice
2 tbsp of Malt Extract (to add to the water)

METHOD

For the stroganoff

Heat a large non-stick frying pan with the oil, then add the sliced onion and cook gently for five minutes on a medium heat, until the onions have softened but not browned. Add the paprika, malt extract and chicken then fry for five minutes until it is sealed on all sides. Then add the mushrooms and cook gently until they start to soften. Add the stock to the pan and bring to the boil, reduce the heat and simmer uncovered for fifteen minutes, stirring from time to time. Before serving, add the Crème fraîche to the stroganoff, stir well and leave on very low heat to thicken slightly.

For the rice

Bring the water to a boil, add the rice and malt extract and bring back to the boil. Turn down to a gentle simmer and leave for 15 minutes stirring occasionally. Then strain through a sieve 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.

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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 brings a restaurant shine to the stroganoff, enriches the colour and boosts the mushroom flavour whilst also making the mouth-feel richer and more rounded. Adding malt extract to the rice enhances sweetness, bite and gives a delightful wholesomeness.

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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Passionate about malt