



# MALTED COUSCOUS

## INGREDIENTS

- 200g Couscous
- 400ml Boiling Water
- Juice and Zest of 1 Large Lemon
- 1 tsp Ground Cumin
- Heavy Pinch of Salt and Pepper
- 35g Malt Extract
- 60g Finely Chopped Dried Apricots
- 80g Pomegranate Seeds
- 40g Nuttmalt
- 3 Finely Chopped Spring Onions
- A Few Torn Mint Leaves

## METHOD

Tip the couscous and Nuttmalt into a bowl along with the lemon zest. Boil some water and measure out 400ml, mix into the boiling water, malt extract, lemon juice, and cumin, pepper and salt. Pour over the couscous, cover with stretch-film and leave until the water is fully absorbed.

Next, mix in the chopped apricots, pomegranate seeds, spring onions and torn mint leaves. Enjoy as part of a picnic or even your next lunchtime meal.



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.

In this recipe, we use both malt extract and Nuttmalt, which as well as adding visual interest to the couscous also brings a little more flavour and texture. Using Nuttmalt helps to reduce the 'pappy' feel and taste which can be found with simple couscous. Malt extract is added to bring a wonderful deep golden colour and to mellow some of the harshness that can be found in cumin. Overall a wonderful blend of interesting flavours and textures that even non-couscous lovers will find irresistible.

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...**

Nuttmalt 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=nuttmalt>

[www.muntons.com](http://www.muntons.com)

  
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Passionate about malt