



MUNTONS MALTED BISCUITS

INGREDIENTS | METHOD

For the biscuit

145g unsalted butter
60g light Malt Extract
2.5g vanilla extract
185g plain flour
2g bicarbonate of soda

For the biscuit cream

30g Ovaltine powder
75g icing sugar
55g butter

For the biscuit glaze

15g Malt Extract
5g icing sugar
5g water

For the biscuit: Pre-heat oven to 160°C.

Cream butter, malt extract and vanilla together until soft. Mix in plain flour and bicarbonate of soda until smooth dough is formed. Roll into a ball, wrap in Clingfilm and leave to chill for 1 hour. Roll the dough to 4mm thickness and cut to shape - cut out a smaller shape in the centre for biscuit top. Place the biscuits on a greased baking tray and bake for 8 minutes - watch closely (they can easily burn). Remove from oven and leave to cool on the tray for 5 minutes before transferring to wire racking. Allow to cool completely.

For the biscuit cream: Mix Ovaltine and icing sugar together. In a separate bowl, soften the butter by mixing and slowly add icing sugar and Ovaltine a few tablespoons at a time. Once combined, beat together at high speed to soften. Chill in fridge for 25-30 minutes. Spread the biscuit cream onto biscuit base and smooth, then, gently twist the lid onto the biscuit.

For the glaze: Mix all the ingredients in a bowl and heat in a microwave for max 10 seconds so it is in a liquid state. Allow to cool slightly before brushing onto the biscuit lid. (This is best done just before serving and eating).



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.

In this malted biscuit recipe malt extract is used in three different ways; in the biscuit, the biscuit cream and finally as a glaze. Not only does this replace all of the refined sugars in the biscuit, it also introduces a malty taste and enhances the colour. It produces a delicate yet crumbly biscuit with a velvety smooth biscuit cream.

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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Muntons
Passionate about malt