



# MALTED CHOCOLATE TIFFIN

## INGREDIENTS

75g dried  
cranberries  
125g dried  
chopped apricots  
50g raisins  
40ml boiling water  
2tsp Malt Extract  
(for fruit)  
200g crushed  
malted milk biscuits  
300g melted  
cooking chocolate  
125g unsalted  
butter  
95g Malt Extract  
(for chocolate)  
Crushed Maltesers

## METHOD

Line a deep square tin with greaseproof paper and scatter crushed Maltesers across the base. Place the dried fruit in a small bowl. Separately, mix the malt extract in the boiling water and pour over the fruit, then mix and set aside. Place the crushed biscuits into a large plastic bowl and set aside.

Melt the chocolate, butter and malt extract in a bowl over simmering water stirring occasionally. (Make sure no water enters the bowl). Once the chocolate, butter and malt extract has fully melted, pour over the biscuits and tip in the fruit. Gently mix together and then push into a lined tin. Chill for a minimum of 3 hours before 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.

Malted milk biscuits and Maltesers are used in this recipe along with malt extract to replace Golden syrup which would usually be used. The difference is really noticeable with increased shine, improved mouth-feel and satisfying, tasty bursts of malt flavour coming from the malt soaked fruit.

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