



# MALTED FLORENTINES

## INGREDIENTS

60g sunflower seeds  
30g golden linseeds  
20g poppy seeds  
100g dried cranberries  
100g dried currants  
110g butter  
28g plain flour  
80g caster sugar  
60g Malt Extract  
50ml milk

## METHOD

Mix the seeds, fruit and flour in a bowl and set to one side. Melt the butter in a saucepan on a low heat, then add the sugar and malt extract - bring to the boil. Gradually add milk and gently stir, then pour into the bowl with the seeds and fruits and combine thoroughly. Preheat oven to 190°C.

Line baking tray with greaseproof paper and place teaspoon sized heaps of the mix, leaving plenty of room between each. Bake for about 8-10 minutes. Remove from oven and work quickly using an oversized biscuit cutting ring to shape the Florentines: Place the biscuit cutter around the mixture and gradually work inwards in a circular motion to create a neat disc about 5cm in diameter. Repeat for each Florentine then carefully lift the greaseproof paper with Florentines onto wire racking and leave to cool. These can either be eaten as they are or brush the base with your favourite kind of chocolate.



## 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.

The use of malt extract in this recipe stops the Florentines from becoming overly sweet, while keeping them nice and moist. The malt extract also offers a subtle malt flavour, which works extremely well with the cranberries, currants and seeds included in the recipe. All this combines to create a flavour explosion on the palate - delicious.

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