



MALTED MILLIONAIRE SHORTBREAD

INGREDIENTS

For the biscuit base

340g plain flour
225g unsalted butter
10g caster sugar
50g Malt Extract

For the caramel

170g butter
80g sugar
60g Malt Extract
380g condensed milk

For the chocolate

melted chocolate
of your choice

METHOD

For the biscuit base

Put the flour and caster sugar into a mixing bowl, rub in the butter until crumbs are formed then add malt extract to form a stiff dough. Line a baking tray with greaseproof paper and roll the biscuit mix to evenly cover the base. Prick all over with a fork and chill for 15 minutes. Bake in a moderate oven (160°C, 325°F, Gas mark 3) for 20 minutes until golden. Remove from oven - allow to cool.

For the caramel

Place the caramel ingredients into a saucepan, heat over low heat and stir continuously until it reaches a fudge-like consistency (15 to 25 minutes). Pour over the cooled biscuit base and spread evenly then cool in the fridge. Once set, melt a large bar of chocolate in a bowl over a pan of boiling water and spread over the caramel. Allow to set then slice into squares.



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.

Malt extract is used in the biscuit base as a partial replacement for sugar, encouraging colour development during baking and adding texture and flavour. The main punch of malt flavour comes from the caramel, again using malt extract as a partial sugar replacement. The result is a lovely malty flavoured caramel with a subtle, gentle sheen. Top off the millionaire shortbread with melted milk chocolate and once cooled carefully sliced it into squares.

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.



Muntons
Passionate about malt

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