



# MALTED RISOTTO

*with garlic bread*

## INGREDIENTS

### For the risotto

200g arborio rice  
130g sliced red onion  
100g torn turkey  
100ml white wine  
95g quartered  
brussel sprouts  
60g sliced carrots  
50g sliced chestnut  
mushrooms  
50g light Malt  
Extract  
700ml vegetable  
stock

### For the garlic bread

100g unsalted butter  
3 cloves of crushed  
garlic  
1tsp dried parsley  
15g light Malt  
Extract  
Some fresh crusty  
bread

## METHOD

### For the garlic butter

Soften all ingredients together with a spoon or a mixer then wrap tightly in cling-film and place in the fridge.

### For the risotto

Cook the vegetables and malt extract in a saucepan for 10 mins on a low heat, then add the wine, bring to the boil and add the meat (leftover turkey or chicken is ideal). Continue to cook gently for a further 5 mins then add the rice and add enough stock to cover the top of the rice. Leave to simmer on a low heat, gently stirring occasionally to prevent sticking (do not over-work). Once the stock has been absorbed, repeat the process, adding stock and simmering until all the stock has been used (this can take up to 45 mins). 5 minutes before serving, remove from the heat. Then serve (you can use food rings if you have them).

For the Garlic bread, pre-heat the oven to 180°C. Cut slices three quarters of the way through the bread and fill with the malted garlic butter. Place in the oven and cook until butter is bubbling and bread is golden and crunchy.



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 this risotto to add a lovely sheen and extra colour. It also adds a great depth of flavour to the vegetables. I have additionally used malt extract in the garlic butter, where it reduces the greasiness, adds an interesting complimentary sweetness and mellows the harsh tones of the fresh garlic.

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