



SIMPLE MALTED SALAD

INGREDIENTS

For the dressing

50g wholegrain
mustard
100g light Malt
Extract
80ml extra virgin
olive oil
60ml rapeseed oil
75ml cider vinegar

For the bacon

As much bacon as
you like
Warmed light malt
extract

METHOD

There are several ways to make your dressing:

- 1) Place in a bowl and whisk together by hand
- 2) Place in a blender and mix together
- 3) Place in a jar with a lid on and shake to your hearts content

For the bacon

Pre-heat grill to medium heat and move the shelf to the lowest rack. Brush the warmed malt extract onto your raw bacon, and place under the grill, cook on the first side for 5 minutes. Turn the rashers and brush the top facing side with malt extract and cook until golden. Turn over whenever necessary and brush with more malt extract. Cook until you achieve your desired bacon texture.



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 salad, malt extract is used in the mustard vinaigrette, which cuts through the acidity of the vinegar and mellows the flavour of wholegrain mustard. On the glazed bacon it liberates the bacon flavours leaving it glossy and sticky. Shop bought pickled onions and croutons are both made using malt; malt vinegar for the pickled onions and malted barley flour in the croutons.

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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