



MALTED WAFFLES

INGREDIENTS

(Makes 8 waffles)

300g plain flour
3.5g dried yeast
(half a sachet)
1g baking powder
60g Malt Extract
240ml warm milk
50g vegetable fat
1 whole egg
1 egg yolk

METHOD

Using a food mixer, mix together the flour, yeast, baking powder, malt extract, fat and eggs until 'breadcrumbs' form. Add the warm milk and blend until smooth. Leave to ferment in a warm place for approximately one hour or until bubbles start to form. Once this gentle fermentation has finished, deposit batter into the griddles and cook for 5 minutes undisturbed. Please refer to your waffle maker instructions - best eaten on the same day, drizzled with malt extract or your favourite choice of topping.



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 has been used in this recipe to replace sugar, you'll find when eating these waffles that there is now a more interesting longer lasting sweetness, which carries other flavours and toppings far better than its simple sugar counterpart. Malt extract promotes even browning and contributes towards a softer, fluffier and lighter texture. You may even notice that your waffle has a lovely fresh aroma.

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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