



PITTA BREAD

with a trio of delicious dips

INGREDIENTS

For the pitta

250g plain flour
2 tsp Malt Extract
Heavy pinch of salt
½ tsp baking powder
100ml milk
2 dessertspoons of olive oil

Coronation dip

100g mayonnaise
1 tsp medium curry powder
Heavy pinch of ground cinnamon
35g mango chutney
2tsp Malt Extract
As much sultanas and shredded chicken as you like

Raita dip

30g finely diced cucumber (seeds removed)
Fresh mint (to preference)
1tsp Malt Extract
150g natural yogurt (ideally full fat)

Hummus

200g pot of Hummus
1tsp Malt Extract (to preference)

METHOD

For the pitta

Bring all ingredients together by hand or machine to form a ball. Knead for 10 minutes. Lightly grease a bowl with oil, place the dough in the bowl and cover with cling film. Allow to rest in a warm place for 15-20 minutes. Pre-heat a grill to medium heat, and cover the rack in tin foil which is lightly greased with oil. Divide dough into 5 dough balls, and roll quite thinly. Place 2 or 3 pittas at a time under the grill and cook for 10 minutes – watch closely as they can quickly puff and start to brown!

For the dips

Blend in a bowl and decant into your serving show-piece.



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 the pitta bread the use of malt extract encourages the bread dough to relax and puff. For the dips blending in some malt extract improves the general mouth-feel; In the Coronation Dip it invigorates and refreshes the flavours and spices; In Raita it mellows the mint and reduces sharpness and in hummus it reduces graininess and mellows the flavour.

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