



# QUICHE TARTLETS

## INGREDIENTS

### For the pastry

250g plain flour  
70g unsalted butter  
70g vegetable fat  
25ml water  
2 teaspoons Malt Extract  
Heavy pinches of salt, pepper, Paprika

### For the filling

4 eggs beaten  
75ml double cream  
60g red leicester cheese (grated)  
½ diced pepper  
½ sliced onion  
½ sliced courgette  
1 large teaspoon Malt Extract

## METHOD

Mix the pastry ingredients together in a food processor until a soft dough is formed. Chill for 10 minutes then roll to finger depth. Line a greased quiche tin and push the pastry into the edges. Fill with ceramic baking beans and bake for 10 minutes at 200°C without the filling. Meanwhile fry the vegetables for 5 minutes gently in malt extract until softened and set aside. Remove the pastry from the oven, remove the beans and brush the inside of the pastry case with warmed malt extract.

Beat the eggs and mix in the cream and malt extract. Scatter the fried vegetables and cheese across the base. Place the quiche tin on the oven shelf and pour the egg mixture as close to the top as possible. Bake for 20 minutes or until egg is set and beautifully coloured. Remove from oven and allow to cool for 10 minutes before removing.



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.

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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 pastry to encourage colour and flavour development making it far richer whilst also improving the texture. In the filling it helps to intensify the vegetable and cheese flavours making the quiche smoother and tastier. The difference is really noticeable, making the quiche a real top-shelf premium product.

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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