



SPAGHETTI BOLOGNESE

with Malt

INGREDIENTS

(Serves four)

- 500g Minced Beef
- 50g of Malt Extract to Fry the Pancetta
- 65g Cubed Pancetta (or Smoked Bacon)
- 3 Cloves Garlic
- 180g Sliced Red Onion
- 80g Sliced Celery
- 220ml Passata (tomato puree may be used instead)
- 170ml Red Wine
- 170ml Beef Stock
- 100g Malt Extract
- Heavy Pinches of Pepper and Oregano
- 50ml Milk
- 1 tsp Cornflour
- Your choice and quantity of Pasta
- Finely Grated Parmesan Cheese to finish

METHOD

Warm the malt extract in the pan and stir in the pancetta. Let it cook, just so that it starts to colour. Add in the celery, onion and garlic and cook until the onions are glossy.

Turn up the heat and stir in the meat and cook until browned all over. Drain off some of the fat and then stir in the passata, wine, stock, seasoning and additional malt extract. Bring to the boil then quickly turn down to a gentle simmer. Cover with a lid and let it blip & blop away on the hob for 30 minutes to thicken. Don't forget to check occasionally though, if you see it starts going dry add a little water. Finish by stirring in the milk.

Serve with fresh pasta lightly cooked until al dente (slightly firm to bite – but cooked) and sprinkle with finely grated parmesan cheese.



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 in this recipe introduces a deep rich shine to the sauce, masks the saltiness from the bacon and stock and counters the acidity of the wine. Using malt extract rather than butter to fry the onion, celery and garlic, reduces the fat content and enhances the vegetable notes. As for final mouth feel – wow, now that is something almost impossible to describe – rich or what!

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.

www.muntons.com


Muntons
Passionate about malt