



NUTTIMALT BREAD

INGREDIENTS

- 500g White Bread Flour
- 80g Nuttimalt
- 40g Light Malt Extract
- 5g Salt
- 15g Fresh Yeast
(or 7g dried yeast)
- 250ml Water (250ml
(adding more if
necessary))

METHOD

Knead all ingredients together by hand (or by machine with a dough hook if you have one) gradually adding the water. Mix until smooth and elastic (roughly 10 minutes). Take a spare baking tray and cover the base with a little of the Nuttimalt (20g), which will be used later as the topping for the bread. Once the dough is mixed give it one last 'mould' to bring into a ball and then shape in to a style of your choice (I made a bloomer by making a log shape). Brush the top of the loaf with water and then press into the Nuttimalt. Place the dough either into a bread tin or a baking tray and prove for 1 hour in a warm place or until doubled in size.

Pre-Heat oven to 200°C, and bake for approx. 20-25 minutes until golden and toasty. Remove from the oven and allow to cool. Serve warm slices with a nice smothering of butter or malt extract!



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.

This bread recipe incorporates a plentiful amount of Nuttmalt, designed to add texture, flavour and colour (TFC as we say) to the bread. It is not only used as a top dressing to add visual appeal but within the bread itself, introducing soft malt flavour bursts and an interesting texture. Malt extract helps with colour development and enhances the bread taste. It also brings interest to the palate whilst complimenting and enhancing the flavour of any filling used in a sandwich. It's great toasted too.

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.

About Nuttmalt...

Nuttmalt is kibbled malted wheat made by coarsely cutting malted wheat grains into delicate pieces which are similar in texture to nuts and is a very versatile ingredient - a real 'must have' for your ingredients cupboard and can be purchased from the Bakery Bits website in a 500g pack.

<http://bakerybits.co.uk/catalogsearch/result?q=nuttmalt>

www.muntons.com


Muntons
Passionate about malt