



# NUT FREE MALT PESTO

## INGREDIENTS

40g Nuttmalt<sup>TFC</sup>  
80g fresh basil  
50g parmesan  
150g extra virgin  
olive oil  
25g malt extract  
Salt and pepper to  
season

## METHOD

In a food processor or a large pestle and mortar, crush, grind, bash, blitz or whirl all ingredients together until a smooth consistency is achieved (this can take several minutes). It really is that easy! As tempting as it is to eat the pesto straight from the mixer, I strongly recommend heating it through with some pasta or gnocchi.



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 this recipe, Nuttimalt<sup>TFC</sup> replaces pine nuts, providing a coarse texture and bite to the sauce which really gives the pesto a healthy feel. I have also added a small quantity of malt extract as this will add some sweetness and really lifts the basil flavours and fragrances. It also gives the sauce more body.

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