



NUTTIMALT SCONES

Preparation time: less than 30 minutes

Cooking time: 15 minutes

Skill level: Easy!

INGREDIENTS

- 450g self-raising flour
- 15g baking powder
- 60g Nuttimalt
- 90g butter
- 30g caster sugar
- 40g malt extract
- 2 eggs
- 200ml milk

TIP

Serve halved with a good fruit jam and clotted cream.

METHOD

Mix the flour with the nuttimalt, malt extract, baking powder and butter until you achieve a breadcrumb style consistency and then add the sugar. Whisk eggs and milk together, (keep back two tablespoons to glaze the scones), then add the remainder into the dry scone mix and blend until a fairly wet but handlable dough. It is better for the scones to be fairly wet rather than dry. On a floured surface, roll the dough to a thickness of 2 cm, and using a 5cm cutter, stamp out as many as you can. Re-knead the remaining dough and repeat.

Pre-Heat the oven to 220°C/
Gas 7/425°F. Arrange the scones on baking trays, glaze with the wash and bake for 10-15 minutes. Remove from the oven and allow to cool on a wire rack.



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.

Adding Nuttmalt to scones makes them a rustic treat, with a charming texture and finish - strikingly unique. They have a delightful and surprising aroma, helped through the use of malt extract to replace some of the sugar.

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