



SHEPHERD'S PIE

Preparation time: less than 30 minutes

Cooking time: 60 minutes

Skill level: Easy!

INGREDIENTS

Mince

- 500g lamb mince
- 1 large onion - sliced
- 2 large carrots - sliced
- 100g peas
- 2 teaspoons tomato purée
- 2 teaspoons Worcester sauce
- 500ml beef stock
- 40g malt extract

Topping

- 450g white potatoes
- 450g sweet potato

TIP

Ideally served with a selection of your favourite freshly cooked vegetables.

METHOD

Gently fry the onions and carrots in two teaspoons of malt extract until soft then add the mince and fry until brown. Meanwhile, mix the stock, tomato purée, Worcester sauce and the remaining malt extract, then add to the mince and cook gently for 20 – 25 minutes.

For the topping, peel both types of potatoes, cut them into even-sized pieces and put them in a large pan of boiling water with a touch of salt and leave to cook on a gentle boil until they are soft. Drain the water and leave to stand for around 5 minutes, then mash until soft and fluffy.

Pre-heat the oven to 200°C. Place the mince in an oven-proof dish and either scoop or pipe the potato onto the mince. Cook in the oven at 200°C for around 20 minutes or until the potato starts to crisp.



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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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 malt extract both in the initial frying stage and into the sauce, brings a deep rich shine, tenderising the beef and enhancing the flavour of the vegetables. As malt extract is a natural flavour enhancer, you won't need to add as much seasoning as normal.

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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Passionate about malt

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