



STRAWBERRY FREAKSHAKE

Preparation time: Less than 15 minutes

Cooking time: Less than 15 minutes

Skill level: Easy!

INGREDIENTS

- 60g light malt extract
- 400g strawberries (de-stalked)
- 200ml full fat milk
- 3 scoops of strawberry ice cream

DECORATION:

- 200g double cream
- 10g light malt extract
- Hundreds and thousands
- Meringue nests
- White chocolate
- Some extra strawberries

METHOD

Using a mixer place strawberries inside and blend until a smooth puree. Add Ice-cream and milk and mix until smooth. To prepare the decoration, thin down a tablespoon of malt extract with a little warm water in a bowl and dip the rim of the glass into the malt extract. In another bowl, place the sprinkles and dip the glass, twisting it slightly to coat it evenly. Melt the white chocolate in the microwave and drip some down the inside of the glass. At the same time, dip a few strawberries in the chocolate turning them upside down after to allow chocolate to set (these can be used for decoration for the top or as a side treat). Pour the milkshake into the glass.

Whisk double cream and malt extract together until stiff peaks form, place into a piping bag and pipe on top of the shake. Finish by decorating with crushed meringue and strawberries.



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 malt extract to the freak shake, reduces the tartness and acidity from the strawberries without the need for added sugar. And interestingly, it makes them slightly fruitier too. The real benefit though is the extra smoothness and creaminess, making every spoonful and gulp amazing and delicious. As an extra treat, finish with a nice drizzle of malt extract, then sit back and enjoy five minutes of silence whilst the kids devour your freakish creation.

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