



STUFFED MALTED TOMATOES

INGREDIENTS

For the stuffed tomatoes

Nuttimalt^{TFC} for topping
Tomatoes of your choice

For the garlic butter

100g unsalted butter
3 cloves of garlic (crushed)
1tsp dried parsley
15g malt extract

METHOD

For the garlic butter

Soften all ingredients by mixing together with a spoon or a food mixer and then roll into a sausage shape and wrap tightly in clingfilm and place in the fridge to harden.

For the stuffed tomatoes

Pre-heat oven to 180°C. Cut carefully around the "stalk" of the tomato down to the middle and scoop out the flesh. Into the well in the centre of the tomato place slices of garlic butter. Top with Nuttimalt^{TFC}, place the tomatoes on a baking tray and bake for 10-15 minutes until the tomatoes are starting to split and the top is golden and bubbling.



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 dish, malt helps to cut through the acidity of the tomato and balances the sharp notes from the garlic butter. Nuttimalt^{TFC} not only adds a rustic appearance to your dish but also adds a glorious crunch to the topping.

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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