



MUNTONS' MALT LOAF

To make this delicious malt loaf, you will need your jar of malt extract, which is readily available from health food shops and chemists.

Made by extracting the natural sugars developed during the malting process, using just water and heat, malt extract contains long-chain sugars, providing a more sustained release of energy than simple sugar.

INGREDIENTS

1260g plain Flour

3tsp cornflour

2tsp baking powder

1tsp bicarbonate of soda

120g Raisins

90g Dried figs (roughly chopped)

100g Dried prunes (roughly chipped)

30g Dark brown soft sugar

30g Treacle

220g Malt extract

1 Assam tea bag in 200ml Boiling water

(brewed for a minimum of 5 minutes)

DIRECTIONS

Preheat the oven to 160oC

In a saucepan, add the dried raisins, figs and prunes with the sugar, malt extract, treacle, bicarbonate of soda and brewed tea (minus the teabag). Bring the boil, stirring frequently and remove from the heat. Cover the pan with a lid and set aside for 10 minutes to infuse the fruit and cool slightly.

Mix the flour, cornflour and baking powder in a food processor bowl, and then pour on the fruit and syrup mixture. Mix at low speed for five minutes.

Line a 2lb loaf tin with greaseproof paper, and pour the cake mixture into it. Smooth the mixture with a back of a wet spoon to fill in the corners and ensure it will bake evenly.

Pop in the oven and bake for around 40 minutes. Then, turn the heat down to 140oC and bake for a further 20 minutes. Towards the end of the baking, insert a skewer, it will come out a little wet but not overly sticky. Remove the tin from the oven, wrap in tin foil and leave to cool for a minimum of 24 hours before eating. This allows the flavours to mature but gives the loaf its renowned stickiness.



Muntons

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