

Thanksgiving Stuffing

This recipe is easy to make, and I've used several of Muntons' ingredients, including our Nuttimalt, malted wheat flakes, and malt extract.

The cut grains and flakes add extra crunch and texture, as well as a toasted malt flavour. The malt extract enhances the savoury flavours of the stock and the herbs and brings the whole dish together.

You will need your trusty jar of malt extract, 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. Nuttimalt and malted wheat flakes are made from malted wheat that has either been coarsely cut into delicate pieces or rolled into flakes. You can buy these from the Bakery Bits' website in 500g packs.

Happy Thanksgiving!

Richard

Senior Product Development Technologist



Ingredients :

- 400g Loaf of bread
- 450ml Vegetable stock
- 1tbsp Salted butter
- 200g Thinly sliced red onion
- 180g Cooked chestnuts-coarsely chopped
- 100g Thinly sliced celery
- 100g Thinly sliced carrot
- 1tsp of fresh Rosemary, Sage and Thyme finely chopped.
- 2 Medium eggs
- 50g Dried cranberries
- 35g Nuttimalt
- 35g Malted Wheat Flakes
- 1tbsp of malt extract
- Salt and pepper

Procedure :

Preheat oven: 160oc Fan, 180oc conventional, Gas mark 3

Tear or cube the bread into roughly 2" pieces and scatter onto a baking tray. Bake in the oven for 15-20 minutes, turning halfway through the cooking time until they crisp and go dry. Remove from the oven and allow to cool. Tip into a very large bowl.

In a saucepan, melt the butter and add the onion, celery and carrot and sweat down for 10 minutes until they soften and go glossy. Add the malt extract and stir through. Remove from the heat and allow to cool. Add to the bread cube bowl along with the herbs, Nuttimalt and malted wheat flakes. Add the chopped chestnuts and dried cranberries. Toss all the ingredients together.

In a jug, make up the stock (if not using pre-made), whisk in the eggs and add a good pinch of salt and pepper. Pour this over the mixture in the large bowl, and gently stir all together. Transfer to a large, greased baking dish.

Cover loosely with foil and bake in the oven for 10 minutes. Remove the foil, and bake for a further 30 minutes until the top goes golden and the bread crisps up. Remove from the oven and allow to cool slightly before serving with the rest of your Thanksgiving dinner.