

# Muntons'

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# MINCE PIE RECIPE

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We do love a mince pie in our office. Despite its small size, it always seems to put a smile on those who eat them, with the crisp pastry and the luxurious, rich fruity filling. It is the epitome of Christmas for the senses.

The malted wheat flakes offer a chewy, malty burst to contrast all the soft fruit, and the malt extract helps soften the fruit used and lift the flavours in a way that sugar alone can't. For the pastry, I've added Nuttimalt TFC for a rustic appearance and, similar to the flakes in the mincemeat, adds a delicate crunch with some nutty style flavours.

You'll 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 baking!

*Richard*

Senior Product Development Technologist

## Ingredients

### For the mince meat:

300g Mixed dried fruit  
Zest and juice of one large orange  
Zest and juice of one lemon  
1 Bramley apple. (Peeled, cored, and finely chopped)  
100g Soft brown sugar  
150ml Boiling water  
75g Dried cranberries  
70g Mixed peel  
70g Dried Apricots (chopped)  
50g Chopped dried cherries  
100g Vegetable suet  
1tbsp Malt extract  
55g Malted wheat flakes

### For the pastry:

375g Plain flour  
1tbsp Nuttimalt  
250g Unsalted butter  
2tbsp Caster sugar  
1 medium egg  
1tbsp milk



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## Method

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

For the mincemeat.

Add all the ingredients in the order shown (adding the juice of the citrus fruit before the apple will stop it browning so quickly) into a saucepan. Bring to the boil and simmer for 10 minutes on low heat until the sugar and suet have fully dissolved. Stir occasionally to prevent sticking and burning to the base of the pan.

If you are planning on using the mincemeat on the same day; allow it to cool for an hour as it will allow the mixture to thicken; otherwise, fill the mixture whilst it is hot into sterilised jars. Leave in a cool dry place and use within a month.

For the pastry:

Rub together the flour and the butter either by hand or in a food processor to a crumb consistency. Briefly mix in the Nuttimalt, followed by the caster sugar. Add beaten egg and milk and bring them together to form a dough. Roll into a ball, wrap in clingfilm and chill in the fridge for at least 15 minutes.

Roll the pastry to approx. 3mm thick; and using a cookie cutter, cut out bases large enough to line the inside of your muffin tin. Followed by lids of a slightly smaller size to sit neatly on top. Fill with the mincemeat to approx.  $\frac{3}{4}$  full. Brush the edge of each pie with a little egg and place a lid on top of each pie and gently push down. Brush with egg.

Bake in the oven for approx. 15-20 minutes or until the pies start to look golden. Allow to cool before removing, transferring to a wire rack and dusting with sugar.

