

## *Hand crafted BBQ beef burgers*

### *Ingredients*

450g/1lb lean minced beef  
1 onion peeled and finely chopped  
1 tbsp chopped parsley (optional)  
1 beef stock cube, finely grated  
1/2 lightly beaten egg  
60g Nuttimalt TFC  
1/2 tbsp Worcestershire sauce  
Salt and freshly ground black pepper – a reasonable amount but not too much!  
A little flour

### *Method*

Place the mince, finely chopped onion, parsley, beaten eggs, Worcestershire sauce, salt, pepper and Nuttimalt into a mixing bowl and combine together with your fingers until evenly mixed and bound.

Form into small balls and press onto a clean floured surface and pat them to form into the classic burger shape.

Put them carefully onto a plate and place in the fridge for an hour or so to harden (or ten minutes in the freezer if you are in a hurry).

Then grill on the BBQ until cooked.

## *Chicken and mushroom stroganoff with rice*

### *Ingredients*

One tablespoon Muntons malt extract  
One onion – sliced  
One clove of garlic – crushed  
350g (12oz) skinless chicken breast – cut into thin strips  
225g (8oz) whole button mushrooms  
100g (3 1/2oz) half fat Crème fraîche  
One chicken stock cube  
Two tablespoons chopped fresh parsley  
One tablespoon Worcestershire sauce  
300ml (10 fluid ounces) boiling water  
Long grain rice – sufficient for two people  
Salt and pepper to taste

### *Method:*

Heat a large non-stick frying pan and spray it with low fat cooking spray (olive oil may be used instead).

Add the slices onions and crushed garlic and cook gently for five minutes, until the onions have softened but not browned.

Add the chicken and stir-fry for five minutes until it is sealed on all sides.

Then add the mushrooms, Worcestershire sauce, malt extract and cook, stirring for two minutes.

Crumble the stock cube into the pan and add the boiling water. Bring to the boil, reduce the heat and simmer uncovered for twenty minutes, stirring from time to time.

Cook the rice in your preferred way, timed to be ready with the Stroganoff.

Finally add to the Stroganoff the Crème fraîche, seasoning and parsley, stir well and heat through gently for two minutes. And serve with rice on the side.

## *Chicken and Vegetable Pasta*

*Serves 2*

### *Ingredients:*

Muntons malt extract – one tablespoon  
2 Lamb stock cubes  
1 small leek – cut into small slices  
1 small onion – cubed  
1 small carrot – cut into small slices  
2 different peppers – you only need a slice off each, cubed small  
1 tin of chopped tomatoes  
2 chicken breasts – cut into small chunks  
Your choice of pasta – sufficient for two people

### *Method:*

Fry the onion, chicken and vegetables in a wok until brown and soft.

Then puree the tomatoes, add to the wok and bring to a simmer.

Add the stock cubes and season with salt and pepper (more pepper than salt).

Add a generous dessert spoon of malt extract and continue to simmer.

Thicken with corn flour if required.

Meanwhile, cook the pasta and serve.

## *Chicken casserole*

*Serves two*

### *Ingredients*

Two chicken breasts  
One medium swede  
Two large carrots  
One medium onion  
Two tins chopped tomatoes  
1 tin's worth of water  
One tablespoon of tomato puree  
Three stock cubes, (one chicken, one vegetable and one lamb)  
Two teaspoons mixed herbs  
Two tablespoons of Muntons light malt extract  
Salt and pepper (more pepper than salt)

### *Method:*

Pre-heat the oven to gas mark 6 (200°C).

Chunkily cut the Swede and carrots and boil for about ten minutes until they are nearly cooked, then drain.

Meanwhile in a hob/oven proof dish, fry diced onion until soft.

Add tomatoes, water, herbs, stock cubes and malt extract and gently warm through.

Add the chicken breasts and the pre-cooked vegetables, bring to the boil and then move to the oven.

Cook for about one hour (or until the chicken is tender) and serve with mashed potatoes if required.

## *Chilli and fresh bread*

### *Ingredients*

500g Lean mince  
One large onion  
One clove of garlic  
12 small button mushrooms (halved)  
Oregano and basil – dried will do, a teaspoon of each (fresh chopped is better)  
Can of chopped tomatoes  
Small can of chilli beans  
A good squeeze of tomato puree  
Worcestershire sauce - three drops  
Beef stock cube  
Light Soya sauce  
Pinch of salt and pepper  
Muntons light malt extract – a good dessert spoonful  
Mild chilli powder - two teaspoonfuls (Less to make more mild)

### *Method:*

Gently fry the mince, onion, garlic and mushrooms in a large saucepan with the oregano and basil and a splash of light Soya sauce until the mince is browned.

Meanwhile, prepare the sauce – open the tins of chopped tomatoes and chilli beans and pour into a jug.

Add the tomato puree, beef stock cube, pinch of salt and pepper, Worcestershire sauce, and chilli powder and stir well.

Add the sauce to the browned mince and stir well in.

Bring to the boil and then add the malt extract.

Simmer for 15 minutes stirring regularly and serve with chunks of fresh malted bread and a nice red wine.

## ***Malted Brownies***

*(Sufficient for approx 24)*

### ***Ingredients:***

160g Butter  
200g Caster Sugar  
80g Cocoa Powder  
4 Eggs  
120g Plain Flour  
1 teaspoon of Baking Powder  
200g Chocolate Chips  
3 tablespoons Malt Extract

### ***Method:***

Heat the oven to 180°C, brush the cake tin (approx 14" x 10") with oil or butter and line the base.

Melt the Butter in a saucepan on a low heat, making sure it doesn't burn, once all the butter has melted take the saucepan off the heat.

Mix in the caster sugar, cocoa powder, followed by the eggs.

Put a sieve over the saucepan and tip in the flour and baking powder. Sift everything into the saucepan, then mix it in well. Make sure you don't have any pockets of flour. Add the chocolate chips and stir them in.

Pour mixture into the tin and put in the oven for around 25 minutes, keep checking to make sure the edges don't burn.

## Malted Caramel Slices

### *Ingredients for biscuit base*

12 oz plain flour (sifted)  
8 oz butter  
2 oz Sugar  
2 oz Spraymalt light  
Pinch of salt

### *Ingredients for caramel:*

170g Butter  
40 g Sugar  
40 g Spraymalt Light  
50 g Light Malt Extract  
14 cl can of sweetened condensed milk

### *Method for biscuit base:*

Grease and flour (or line) a baking tray – a Swiss-roll tray is ideal.

Put the flour and salt into a mixing bowl, rub in the butter then stir in the sugar and Spraymalt light.

Lightly work the mixture together until it forms a smooth stiff ball of dough, then, roll into the baking tray (Tip! – use a small, floured glass tumbler and roll the dough directly in the tray).

Prick all over with a fork and chill for 15 minutes. Bake in a moderate oven (160° C, gas mark 3)

### *Method for caramel:*

Place all ingredients into a saucepan, heat over low heat and stir continuously.

Let simmer gently for 5 to 7 minutes, still stirring, let cool slightly then spread over biscuit base. Place in fridge and cool.

### *Topping:*

Choose desired chocolate – large bar of milk or plain chocolate and melt, in a bowl over a pan of hot water and spread over caramel.

Decorate with toasted almonds or malted milk crisp. Place in the fridge and cool until the chocolate has set.

## ***Malted Chocolate Tiffin Cake***

### ***Ingredients***

6 – 8 oz crumbled digestive biscuits  
1 tablespoon light malt extract  
1 tablespoon drinking chocolate  
1 tablespoon caster sugar  
2 – 3 oz cooking chocolate  
Raisins (add to taste)

### ***Method***

Melt butter, sugar, malt extract and drinking chocolate together.

Take off heat and add three ounces butter (you can use margarine) biscuits and raisins.

Press down into a tin, melt cooking chocolate, pour on top and chill.

***P.S. "Tiffin" is an Indian and British English dialect word meaning a light snack eaten during the day. The word became popular in British India, deriving from tiffing, an old English dialect or slang word for taking a little drink or sip.***

## ***Malted Chocolate "Special K" cake***

### ***Ingredients***

2 oz butter (you can use margarine)  
4 heaped tablespoons drinking chocolate  
2 heaped tablespoons light malt extract  
Special K breakfast cereal (enough to use all the coating)

### ***Method***

Melt butter and malt extract together and stir in drinking chocolate. Fold in the Special K, place in paper bun cases and leave to set.



# *Malted Cookies*

## *Ingredients*

100g polyunsaturated margarine  
50g Icing sugar  
75g Self-raising flour  
75g Corn flour  
1 dessert spoon Muntons malt extract

## *Method:*

Preheat oven to 180 degrees C (Gas mark 4).

Grease/line two baking trays, (Have a bowl of warm soapy water ready for later – the mixture gets a bit sticky!) and then mix together the margarine and sugar in a bowl until you achieve a pale creamy paste.

Add the self-raising flour and corn flour and mix to a breadcrumb consistency. Then add one dessert spoonful of Muntons malt extract and mix thoroughly – it is easier to use your hands here and this is the messy bit! Keep mixing until you can form a ball of dough that stays together and the malt is mixed in thoroughly.

Roll out the dough to a thin (about 3 to 4 mm – they will rise) sheet cut dough to shape, using your preferred cutter shape, and place on the baking tray.

Bake for 10 to 15 minutes until golden and crispy. The biscuits will turn golden quite quickly and will crisp up when removed from the oven.

Time to get nibbling!

## *Malted Flapjacks*

<i><b>Ingredients</b></i>	<u><b>% of Total</b></u>	<u><b>Weight (g)</b></u>
Oats	47%	260
Margarine/Butter	24%	130
Soft brown sugar	15%	80
Golden syrup	7%	40
Light Malt Extract	7%	40

### ***Method***

Pre-heat oven to 180°C

Melt margarine

Combine oats & sugar

Add margarine, golden syrup & Light malt extract

Mix slowly until evenly coloured

Flatten into a baking tray until approx 3cm deep.

Bake at 180°C for up to 30 minutes

Allow to cool & cut

***This recipe has been formulated to give a pleasant light malty flavour but you may choose to alter the ratio between the light malt extract and golden syrup to either reduce or enhance the maltiness.***

## *Malted pancakes*

### *Ingredients*

4 oz (110 g) plain flour  
pinch of salt  
2 tsp of Muntons light malt extract  
2 large eggs  
7 fl oz (200 ml) milk mixed with 3 fl oz (75 ml) Sparkling mineral water  
2 oz (50 g) butter or olive oil

### **Method**

Use a non stick frying pan.

First sift the flour and salt into a large mixing bowl, make a well in the centre of the flour and break the eggs into it.

Mix well and then gradually add small quantities of the milk and water mixture, still whisking (don't worry about any lumps as they will eventually disappear as you whisk) and then stir in the malt extract.

Add a splash of olive oil to the pan and heat to a medium heat and add enough pancake mix to cover the bottom of the pan whilst gently swirling the pan and place back on the heat to cook – this will only take about half a minute.

Flip the pancake over with a spatula (you may toss it if you are feeling adventurous!) and cook the other side for just a few seconds.

To serve, sprinkle each pancake with freshly squeezed lemon juice and caster sugar, fold in half, then in half again to form triangles, or else simply roll them up.

## ***Pizza***

*Sufficient for 2 x 12" (30cm) thin crust pizza's  
or one deep pan pizza*

<b><i>Ingredient</i></b>	<b><i>% of Total</i></b>	<b><i>Weight g</i></b>
White Bread Flour	62.3	400
SRW Malt Flour	0.5	3
Fat or Olive Oil	1.2	8
Whole Egg	2.5	16
Water	30.9	200
Yeast	1.5	10
Salt	1.1	7

### ***Method:***

Combine the white bread flour, malt flour, yeast, egg, salt and warm water in a bowl.

Add the olive oil and continue to mix until the dough sticks together.

Place the dough on a lightly floured surface.

Dust your hands with flour and knead the dough until it is smooth and elastic (at least 5 minutes), if the dough gets sticky dust it with a little flour.

Roll the dough into a ball, cover with a tea cloth, and leave in a warm room (20 to 25°C) to prove until the dough doubles in volume. This should take around 60 minutes.

Roll the dough into a ball to make one deep-pan pizza or divide in two balls for thin crust pizzas.

Before rolling out and topping the pizza, allow the dough to rest for 15 minutes.

Top the pizza with cheese, tomato puree, onions, ham, etc. and bake on a lightly oiled baking tray at 220°C for 6 to 8 minutes.

*In this recipe, the malt flour is added for its diastatic properties, its natural enzyme content. These natural enzymes convert starch into sugar, which improves fermentation and enhances the texture & flavour of the dough. The pizza topping is left to individual preferences, but could include tomato puree, cheese, onion, ham, etc.*

## *Shepherd's pie*

### *Ingredients*

Potatoes – as many as you prefer  
Margarine and milk for the mash  
Grated cheese (Mature cheddar if possible)  
500g Lean lamb mince  
One large onion  
1½ tablespoons Muntons malt extract  
1 teaspoon beef gravy stock granules  
Salt and pepper to taste  
A selection of your favourite vegetables

### **Method**

Boil the potatoes (with some of the chopped onions).

Meanwhile, fry the lean mince and the rest of the chopped onions with the malt extract and salt and pepper to your taste.

Add gravy granules to the fried mince/onions and water to achieve the consistency that you prefer. Stir well.

Mash the potatoes with some margarine and a splash of milk and a little grated cheese.

Pour most of the gravy from the mince (keep to serve with the finished dish) and place the mince/onions in a casserole dish.

Add the mashed potatoes to the top, fork your own design and sprinkle some grated cheese on to the top and place under a hot grill until golden brown.

Serve with a selection of your favourite vegetable.

## ***Steak and Root Vegetable Casserole (With dumplings)***

### ***Ingredients:***

One 500g packet of pre-prepared root vegetables  
(You may prefer to buy and prepare your own choice of root vegetables)  
500g Braising steak – cubed  
1 litre (two pints) water  
Two beef stock cubes  
One tablespoon Muntons malt extract

### ***For the dumplings***

55g (2oz) Shredded beef suet  
110g (4oz) Self-raising flour  
Pinch of salt  
Water to bind

### ***Method:***

Heat a large non-stick frying pan and spray it with low fat cooking spray (olive oil may be used instead).

Lightly coat the cubed braising steak in plain flour and fry gently, turning regularly, for five minutes.

Transfer the braising steak to a casserole dish and add the root vegetables, water, crumbled stock cube and malt extract. Place the lid on the casserole dish and cook in the oven on a low heat (160 °C) for 3 ½ hours.

Prepare the dumplings in a large bowl; add the flour, suet and a pinch of salt and add a little water – work the mixture, adding more water as needed until the mixture forms into a solid, yet soft, lump.

Break this into four equal portions and roll into ball shapes.

Remove the casserole from the oven and stir. Add the dumplings pushing them just below the surface and return the casserole to the oven.

Leave for 30 minutes until the dumplings are cooked and serve.