

SAUNDERS' MALT EXTRACT

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NATURE'S OWN PICK ME UP

1KG NET

Preparation

30
MINS

Proofing

2
HRS

Refrigeration

OVER
NIGHT

Makes

10

Difficulty

MEDIUM

MALT CARAMEL SCROLLS

These scrolls are perfect to serve for a weekend breakfast. The overnight rest makes the dough easier to shape and adds more flavour but if you can't wait, after the first hour of proofing you can skip the refrigeration step.

INGREDIENTS

Dough

- 7g instant dried yeast
- 4g caster sugar
- 200ml full fat milk, room temperature
- 1 large egg, room temperature
- 1 tsp vanilla extract
- 50g Saunders' Malt Extract
- 460g bread flour
- 1/4 tsp salt
- 50g unsalted butter, chopped into 2cm cubes, room temperature

Filling

- 90g walnuts, finely chopped
- 50g brown sugar
- 1 tsp cinnamon

Malt Caramel Drizzle

- 60g butter
- 50g Saunders' Malt Extract
- 15g brown sugar

METHOD

- 1 Mix the yeast, caster sugar and milk in the bowl of a stand mixer. Allow to sit for a few minutes. Add in Saunders' Malt Extract, vanilla extract and the egg and mix together.
- 2 Add in flour and salt. Using the dough hook attachment for the stand mixer, knead the dough for 3-4 minutes until everything comes together.
- 3 With the stand mixer running, add in one cube of butter at a time. When all the butter is incorporated, knead the dough for 5 minutes until the dough is smooth and slightly sticky.
- 4 Shape the dough into a ball and place in a lightly oiled bowl. Proof for 1 hour or until the dough has doubled in size.
- 5 Punch down the dough and shape into a ball and place it back into the bowl before covering and placing in the fridge to proof overnight.
- 6 The next day, lightly dust a bench top and turn the dough out onto the bench. Roll the dough out into a 30x40cm rectangle, approximately 1/2 cm thick.
- 7 In a bowl, mix together the chopped walnuts, brown sugar and cinnamon. Scatter this mixture all over the dough.
- 8 Starting from the longest edge, roll the dough into a log and then slice into 10 pieces, roughly 3.5cm thick.
- 9 Place in a single layer on a lined baking tray and cover with a tea towel. The scrolls will need to proof for 60 minutes or until they've doubled in size. Preheat the oven to 175°C.
- 10 Bake the scrolls for 20-25 minutes. During this time, prepare the caramel drizzle.
- 11 Place all the caramel ingredients into a small saucepan and stir together until everything is melted together. Bring to a gentle boil and simmer for 1-2 minutes. Remove off the heat.
- 12 When the scrolls are ready, remove from the oven and allow to cool for a few minutes before drizzling the caramel all over the scrolls.

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