

Malt Loaf – Paul Hollywood

Ingredients

- 1 tbsp brown sugar
- 3 tbsp malt extract
- 2 tbsp black treacle
- 25g/1oz butter, plus extra for greasing
- 350g/12oz strong white bread flour, plus extra for flouring
- 100g/3½oz strong wholemeal flour
- Pinch of salt
- 14g/½oz fast action yeast
- 225g/8oz sultanas
- 250ml/9fl oz warm water
- 1tbsp warm honey, to glaze



Method

1. Place the sugar, malt extract, treacle and butter in a pan and heat gently until the butter has melted and the sugar has dissolved. Leave to cool.
2. Mix the flours, salt, yeast and sultanas in a mixing bowl.
3. Pour in the cooled malt syrup mixture and the warm water. Mix thoroughly, the mixture will be soft and sticky.
4. Turn the mixture onto a floured surface and knead gently for a few minutes to bring the mixture together.
5. Grease two 450g/1lb loaf tins and divide the mixture between them. Smooth the mixture with the back of a spoon so that the top is smooth and level.
6. Cover each tin with a plastic bag so that it is loose and not touching the top of the tin. Leave for a couple of hours, or until the dough has risen to the top of the tins.
7. Preheat the oven to 190°C/170°C-Fan/375°F/Gas 5. Remove the plastic bags and bake for 30-40 minutes. If the top of the loaf starts to brown too quickly, cover with a sheet of foil and continue baking.
8. Remove from the oven and brush the top with warm honey to glaze. Cool on a wire rack.

Notes

Best served warm with lashings of butter!