



Flapjacks

This is a favourite recipe I have honed over many years. A rich moist toffee with oats in it! The quantities are doubled - making 24 but you can halve it. Be careful it doesn't overcook & get too brittle.

225g butter

1 tablespoon black treacle

1 tablespoon golden syrup

225g muscavado sugar

225g jumbo oats

225g porridge oats

Melt the butter, golden syrup, black treacle & muscavado sugar together in a heavy bottomed pan over a gentle heat. Stir occasionally & keep heat low until all the sugar dissolved.

When all dissolved and mixed together, increase the heat and allow to bubble gently - rising to twice its volume for 2-3 minutes.

Take off the heat and add the 2 types of oats. Mix thoroughly in the pan. Empty out whilst hot, into a greased baking tray (I use a heavy roasting tray 36 x 24 cm) spread evenly and press mixture together.

Put into a moderate oven 180 deg C for 12-20 minutes. Cook too little and it will not hold together, cook too long & it will be crunchy - it is trial & error with your own cooking tray, oven and personal preference.

Leave to cool for about 30 minutes. Loosen edges with a spatula & tip onto a cooling rack. If you try to tip out too soon the mixture can be so soft it will fall apart.

When completely cold (if you can resist) chop into about 24 pieces.