



## 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 36x24cm) spread evenly and press mixture together.

Put into a moderate oven 180°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 30-60 minutes. Loosen edges with a spatula & tip onto a cooling rack. If you try & 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.