

Flapjacks

Always a favourite with children and simple to make. We found dozens of recipes on the internet for basic flapjacks and just about every twist and addition you can think off. Half a dozen people gave us their recipes for basic flapjack, all of which were pretty much the same.

Although the recipe says porridge oats, you needn't go out and buy a box of porridge as you can buy exactly the same oats in most supermarkets as 'rolled oats'.

These are also available in the Jordan's Mill shop at Holme Mill, where Jordan's sell all of their products as well as many of the individual ingredients.

(To find Jordan's Mill shop drive through Langford towards Biggleswade and just after the Rugby Club on the left there is a turning signposted Broom. Turn left there and follow the road for about quarter of a mile. Holme Mill is right in front of you as you come round the sharp right hand bend. The shop closes for lunch.)

Ingredients

150g porridge oats

100g butter

2 tablespoons golden syrup

2 tablespoons of brown sugar

Pinch of salt

Take a shallow 15cm square baking tray and lightly grease the inside with a little butter. *(Try not to miss any bits as this stops your flapjack sticking).*

Turn on the oven to Gas Mark 4 or 180c.

While that is warming up, get a medium sized sauce pan and over a low heat melt the butter, golden syrup and brown sugar together. Right from the start use a wooden spoon to stir the mixture.

(Remember we use wooden spoons so we don't scratch the pots and pans.)

Its important to make sure the heat is low as if we boil or, worse still, burn, the butter and sugar it tastes horrible and smells pretty bad as well!!!!)

Once everything is melted, tip in the oats and add your pinch of salt.

Turn the heat off and keep stirring until all the oats are thoroughly mixed in.

Now, pour it all into the grease baking tin and spread it out until all the base of the tin is covered.

Using the back of the wooden spoon tap the mixture down in the tin so it is nice and firm and then pop it in the oven for about 20mins.

If your oven is fan assisted, then you may find it needs a little less time, but you will know when it is done as it should be a lovely golden brown colour.

Leave the mixture to cool down for about 20 minutes and then cut it into individual portions. When totally cooled take the portions out of the tray and store them in an airtight container or cake tin.

(Tip to the Chef. This makes a great present on Father's Day or for a grandparent on their birthday. It's also ideal to take along as a snack if you are out and about.)