

Flapjacks

INGREDIENTS

175g unsalted butter, cut into cubes
1 tbsp golden syrup
150g demerara sugar
250g medium porridge oats
pinch of salt

PREPARATION

1. Preheat the oven to 180°C/Gas Mark 4. Line a baking tray with baking parchment.
2. Place the butter in a large heavy-based saucepan. Heat gently, stirring often, until the butter has just melted. Add the sugar and golden syrup stirring gently and making sure the sugar is still grainy.
3. Remove from the heat and pour in the porridge oats, salt. Mix together until evenly combined. Turn the mixture into the prepared baking tray, spread evenly and firm down well with a fork or the back of a spoon.
4. For a soft and chewy flapjack, bake for 20 minutes until a light-medium golden colour.
5. Run a knife round the edge to release the flapjack, leave for 5 minutes, then mark into bars or squares. Leave in the tin until nearly cold before cutting into pieces and removing to a wire rack.
6. The flapjacks will keep in an airtight tin for up to 10 days.