

'Jammy Navels'

4oz margarine
6oz self-raising flour
2oz sugar
Red jam

1. Lightly grease a baking tray.
2. Bind all the ingredients together. If working by hand you can get a good start by rubbing the margarine in, then kneading together.
3. Take small amounts of mixture and roll it into small balls between your hands, placing on the baking tray when completed. You should get 16-20 from this quantity.
4. Flatten each biscuit with your fingers, press lightly with a fingertip in the centre of each one and place a small amount of jam in the hollow made.
5. Bake at 170°/ gas mark 5 for 15-20 minutes, until just slightly browned.

Leave to harden on the baking tray for a few minutes before removing to a wire rack to cool.

Oat biscuits

4oz SR flour
5oz hard margarine
4oz granulated sugar
3oz porridge oats
1oz golden syrup
1oz black treacle
2oz coconut
1 tsp bicarbonate of soda
Greased baking tray.

1. Put the margarine, syrup, treacle and sugar together into a pan and warm gently until the margarine is melted and all ingredients are mixed.
2. Place the flour, oats and coconut into a mixing bowl and make a well in the centre.
3. Add the liquid, a bit at a time, into the well, mixing all the time.
4. Mix the bicarbonate of soda with a teaspoon of hot water and stir quickly until frothy.
5. Add bicarb mixture to the main bowl and beat well.
6. Take the mixture, a teaspoonful at a time, roll into small balls and place onto the baking tray, leaving plenty of space for the biscuits to spread.
7. Bake at Gas Mark 5, 170°C, for 15 minutes
8. Cool on a wire rack but wait for biscuits to harden a little before removing from the tray.

For a thicker biscuit, try using self-raising flour instead of plain, or half-and-half if you can't make up your mind!.