

Jane Quinn's Famous Flapjack

Standard recipe:

- 4oz/100g hard margarine or butter
- 2oz/50g light muscovado sugar
- 2 level tablespoons golden syrup
- 1 level tablespoon honey
- 2oz/50g fruit (whichever is your favourite - cranberries/ chopped up dates, chopped apricots etc) 2oz/50g nuts (whichever is your favourite - almonds/chopped up brazil/cashew/hazelnuts or a mixture)
- 2oz coconut (optional)
- 3oz/ 75g porridge or jumbo oats 2oz/ 50g wholemeal flour

1. Preheat oven to 325°F /160°C /Gas Mark 3.
2. Line 7"square tin with baking parchment (double up the quantities for a roasting tin size)
3. Melt margarine with sugar, honey & syrup either in a saucepan or microwave.
4. Stir in fruit, nuts, oats & flour (& coconut if using)
5. Mix thoroughly then turn into the tin, level out.
6. Bake in the oven about 35mins or until golden brown.
7. Leave to cool in the tin for about 10 min then cut into 9 squares & leave in tin to cool completely.

Use whatever combination of fruit & nuts you like best. Our favourite combinations are Apricot & Almonds, Date & mixed nuts, Cranberry & Brazil nut.

Honey flapjack recipe (wheat free)

- 200g unsalted butter
- 200g Demerara sugar
- 200g honey
- 400g porridge oats/jumbo oats or a mixture of both
- 50g nuts and/or dried fruits (cranberries, chopped apricots or dates or stem ginger whichever is your favourite. Apricots & almonds is one of my favourites!)
- 50g desiccated coconut (optional but I think it make a nice chewy flapjack)
- Cake or roasting tin 8" x 12" lined with baking parchment (double up the quantities for a roasting tin size).

1. Preheat oven to 180°C/350°F/Gas Mark 4
2. Melt the butter, sugar & honey, either in microwave or gently in a saucepan ,until butter is melted & sugar dissolved
3. Add oats & chopped fruit /nuts/coconut & mix well
4. Transfer to the lined cake /roasting tin & spread out, smoothing the surface
5. Bake for 15-20mins until lightly golden around the edges but still soft in the middle
6. Leave to cool in tin for 10 mins then cut into squares.