

Jane Quinn's Famous Flapjack

Standard recipe:

- 4oz / 100g hard margarine or butter
- 2oz/50g light muscovado sugar
- 2 level tablespoons golden syrup (I actually put in 65gms)
- 1 level tablespoon honey (weight 35g)
- 2oz/50g fruit*
- 2oz/ 50g coconut (optional but I always put this in)
- 3oz/ 75g porridge or jumbo oats (I actually use 100g)
- 2oz/ 50g wholemeal self-raising flour

Double up the quantities for a roasting tin size. (11"x9" roasting tin)

Oven 325 F /fan 160C /gas mark 3.

1. Line 7"square tin with baking parchment for 9pieces
2. Roasting tin 9"x11" with a double batch of all the ingredients =20pieces
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 (gluten 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).

Oven preheated to 180C/350F/gas 4 .

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