

CHOCOLATE FLAPJACKS

Preparation time: 10 minutes

Baking time: 20 minutes

Use: 17 x 28cm (7 x 11in) baking tray or roasting tin

Makes: 20

350g (12oz) unsalted butter

3 tablespoons golden syrup

175g (6oz) soft brown sugar

175g (6oz) muscovado sugar

175g (6oz) good-quality oats (oat flakes)

275g (10oz) processed oats (rolled or porridge oats)

6 tablespoons good-quality cocoa powder

Preheat the oven to 140°C/275°F/gas mark 1. Butter the baking tray.

Melt the butter, syrup and both sugars in a saucepan. Do not allow to bubble. Mix in the oats and the cocoa.

Use a fork to press the mixture into the baking tray and bake for 18–20 minutes. The flapjacks need to cook to the centre but you don't want them to bubble, otherwise they will be too toffee-like. They should stay moist.

Remove from the oven and leave to cool for about 20 minutes before slicing up. Leave to cool completely before removing from the tray.

HINT: These flapjacks are delicious with 2 tablespoons of desiccated coconut, or a handful of sultanas added with the oats. Equally tasty is 1 tablespoon of sesame seeds, but you will also need a handful of extra oats because the seeds will make the flapjacks oily.



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