

FLAPJACKS

Makes 12

250g unsalted butter
40g demerara sugar
100g golden syrup
Salt
330g quick-cook oats
70g sunflower seeds
70g of cranberries (or other dried fruit such as raisins, sultanas, cranberries, chopped dried apricots etc.)

This has become a staple for Monday afternoons at the farm. The addition of seeds and dried fruit gives these a much more interesting texture and flavour, even though very fussy eaters may try to pick them out! It's vital that you make these enough in advance so that they have time to cool and set, otherwise they will just fall apart. At least 4 hours is best or if you don't have time, put them in the fridge half an hour after they come out the oven.

1. Preheat the oven to 190°C / 170°C Fan / Gas Mark 5, and line a 20 x 15cm baking tin with baking parchment. It is important to use the right size tin so that the flapjacks are the right thickness (roughly 3cm).
2. Melt the butter in a small pan with the sugar, syrup and a pinch of salt. Stir well to combine, then take off the heat and stir in the oats, seeds, and dried fruit. Press evenly into the tin and bake for 25 minutes until set and golden. Allow to cool completely in the tin, but cut into squares just after they come out of the oven, before they harden.



This is an extract from
JAMIE'S FARM COOKBOOK