



**SATURDAY 25 MAY 2019**  
**KINGSTON HILL FARM**  
SOUTHMOOR, ABINGDON, OXFORDSHIRE OX13 5HY

## **CLASS 53 INTERMEDIATE – SET RECIPE COOKERY**

### **Flapjacks**

Preparation time:       **less than 30 mins**  
Cooking time:           **30 mins to 1 hour**  
Serves:                   **Makes 12**

### **Ingredients**

175g/6oz butter  
175g/6oz golden syrup  
175g/6oz muscovado sugar  
350g/12oz porridge oats  
½ unwaxed lemon, finely grated zest only  
pinch ground ginger

### **Method**

1. Preheat the oven to 150C/130C Fan/Gas 2 and line a 20cm/8in square baking tin with baking paper.
2. Melt the butter in a medium pan over a low heat. Dip a brush in the butter and brush the baking tin with a little bit of it. Add the golden syrup and sugar to the butter and heat gently. Once the sugar is dissolved and the butter is melted, remove the pan from the heat and stir in the porridge oats, lemon zest and ginger.
3. Pack the mixture into the baking tin and squash down. Bake in the oven for 40 minutes.
4. Once cooked, remove from the oven, leave to cool for 15 minutes, then turn out on to a chopping board and cut into squares.
5. These flapjacks are delicious in a packed lunch or as a grab-and-go breakfast.

Source: [www.bbc.com/food/recipes](http://www.bbc.com/food/recipes)

***Competitor to present FOUR squares of flapjacks using this recipe, as per the Class description.  
To be judged on appearance and taste.***