

PREPARATION FOR PRACTICAL

Hygiene – Aprons, Hands, Surfaces

Ingredients

- oil, for greasing
- 150g butter, cubed
- 150ml golden syrup
- 50g mixed seeds, such as pumpkin, sunflower.
- 50g dried cranberries
- 50g raisins
- 50g dried apricots, cut into sixths
- 350g jumbo porridge oats (gluten-free, if required)
- 1 large free-range egg, beaten

Equipment

Weighing scales, square brownie baking tin, baking tray, small saucepan, medium mixing bowl, scrap bowl, wooden spoon, tablespoon, teaspoon, fork, table knife, measuring jug, paring knife, green chopping board.



Fruit Flapjacks



Ingredients

- oil, for greasing
- 150g butter, cubed
- 150g golden syrup
- 50g mixed seeds, such as pumpkin, sunflower.
- 50g dried cranberries
- 50g raisins
- 50g dried apricots, cut into sixths
- 350g jumbo porridge oats (gluten-free, if required)
- 1 large free-range egg, beaten

Method

- Preheat the oven to 180C Fan, Lightly oil a shallow 20cm square cake tin and line the base and sides of the tin with baking parchment.
1. Weigh ingredients, cube butter and cut apricots
 2. Melt the butter and syrup together in a large saucepan over a low heat, stirring regularly with a wooden spoon.
 3. Take off the heat and stir in the seeds, cranberries, raisins, apricots, oats and egg.
 4. Spoon into the square cake tin and press until well flattened.
(It's important that the oats are pressed well, so that they stay firm enough to cut when baked. Use the back of a metal spoon to make sure they are fully compressed).
 5. Bake for 18–20 minutes, or until golden and lightly browned around the edges.
 6. Mark the flapjack into 12 pieces without cutting all the way through, this will make it easier to cut the flapjack when it's cool.
 7. Leave until cold then cut the flapjack with a sharp knife.

PREPARATION FOR PRACTICAL

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Ingredients

- oil, for greasing
- 150g butter, cubed
- 150ml golden syrup
- 100g chocolate chips
- 350g jumbo porridge oats (gluten-free, if required)
- 1 large free-range egg, beaten

Equipment

Weighing scales, square brownie baking tin, baking tray, small saucepan, medium mixing bowl, scrap bowl, wooden spoon, tablespoon, teaspoon, fork, table knife, measuring jug.



Chocolate Chip Flapjacks



Ingredients

- oil, for greasing
- 150g butter, cubed
- 150ml golden syrup
- 100g chocolate chips
- 350g jumbo porridge oats (gluten-free, if required)
- 1 large free-range egg, beaten

Method

- Preheat the oven to 180C Fan, Lightly oil a shallow 20cm square cake tin and line the base and sides of the tin with baking parchment.
1. Weigh ingredients and cube butter
 2. Melt the butter and syrup together in a large saucepan over a low heat, stirring regularly with a wooden spoon.
 3. Take off the heat and stir in the oats, chocolate chips and egg.
 4. Spoon into the square cake tin and press until well flattened.
(It's important that the oats are pressed well, so that they stay firm enough to cut when baked. Use the back of a metal spoon to make sure they are fully compressed).
 5. Bake for 18–20 minutes, or until golden and lightly browned around the edges.
 6. Mark the flapjack into 12 pieces without cutting all the way through, this will make it easier to cut the flapjack when it's cool.
 7. Leave until cold then cut the flapjack with a sharp knife.