Bakewell Flapjack

Ingredients

175g / 6 oz soft brown sugar

175g / 6 oz butter

1½ generous tsp golden syrup

275g / 10 oz porridge oats

1 oz flaked almonds

1 tsp almond essence

1-2 tbsp raspberry jam

Method

1. Preheat the oven to 150ºC / 300ºF / gas mark 2 and grease a 20 cm / 8” square baking tin.
2. Melt butter, sugar and golden syrup over a gentle heat in a large saucepan.
3. Once melted remove from heat, add almond essence, oats and flaked almonds and mix well.
4. Pour half the mixture into baking tin and press down firmly.
5. Spread jam over the mixture but not up to edges (it will spread out as it cooks).
6. Spread the rest of the oat mixture over the jam and press firmly. Leave to stand for 15 minutes.
7. Bake in preheated oven for at least 40 minutes, till golden and still soft in the middle. It will firm as it cools.
8. Leave to cool in tin. When it has cooled a little cut into squares. Cool completely and remove from tin.