

Recipes

In the last issue of KIT, we featured a recipe for vegan blondies which we were treated to at Rick's on the visit to the Ennerdale area in July. When we moved on to Sarah's later, another treat was in store in the form of her flapjacks, in which she had included some of her fresh apricots grown in her polytunnel – what a treat!

It hadn't occurred to me to use fresh fruit when I bake them, so this has opened up plenty of opportunities to use other fruit that would lend itself – I am currently making a list!

Sarah's basic flapjack recipe is:

8 oz oats
8 oz flour
8 oz butter
4-6 oz sugar

In addition, she then says:

I cooked some fresh apricots to a thick puree and sandwiched this between two layers of the flapjack mix in a lined tin.

Cook at 170 degrees (fan oven) for 25 minutes.

You can also try a layer of fresh raspberries, squashed between the two layers.

On mentioning this idea when on a visit to Janice Stewardson, she was quick to offer a picture of her just cooked flapjacks using her Bloody Ploughman cooking apples. Janice adds grated apple after mixing her flapjack ingredients, before cooking.

