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Ingredients

- Orange, 1
- Lemon, 1
- Golden syrup, 50g (about 2 tablespoons)
- Unsalted butter, 175g, plus a scrap for greasing the tin
- Soft brown sugar, 150g
- Oats (not jumbo), 200g
- Pine nuts, 100g
- Raisins, 100g

Equipment

- Baking tin about 20cm square
- Baking parchment
- Grater
- Large saucepan
- Citrus juicer
- Small saucepan
- Wooden spoon
- Mixing bowl

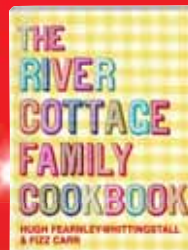
Hugh Fearnley-Whittingstall's *Zesty Flapjacks*

Hugh's friend Nicola Greenway makes the best flapjacks! The secret's in the orange and lemon – the sharp flavour of the citrus cuts through all that buttery sweetness. You can adapt the recipe according to what you have in the cupboard. Instead of raisins, try chopped dried apricots or prunes. And instead of pine nuts, try pistachios, cashews, pecan nuts, sunflower or pumpkin seeds.

Preheat the oven to 160°C/Gas Mark 3. Grease the inside of the tin with a scrap of butter and line the base with baking parchment. Grate the zest (but not the white pith) from the orange and lemon into a large saucepan. Measure the golden syrup into the pan too; you can help it off the spoon with a (clean!) finger. Add the butter and brown sugar. Heat very gently, stirring occasionally with the wooden spoon, until the butter has melted and the sugar has dissolved. Switch off the hob.

Mix together the oats, raisins and pine nuts in the mixing bowl. Pour the oat mixture into the saucepan containing the melted butter mixture. Mix very thoroughly. Spread the mixture out in the lined tin. Oven gloves on. Place the tin in the oven and bake for 30-35 minutes, or until golden brown.

Oven gloves on. Remove the tin from the oven and leave for a few minutes, then mark the flapjack into squares with a knife. Leave to cool and set. But do eat the first few warm – they are irresistible.



The River Cottage Family Cookbook

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