

Flapjack

Cuisine: English
Food category: Pastry



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Program steps

1

 Combination

 40 %

 Termination by time

 00:30 hh:mm

 150 °C

 100 %



Ingredients - number of portions - 20

Name	Value	Unit
butter	350	g
golden sirup	350	g
brown sugar	350	g
porridge oats	700	g
lemon peel	1	pcs
dried ginger	1	g

Nutrition and allergens


Allergens: 1, 7
Minerals: Ca, Co, Cu, F, Fe, I, K, Mg, Mn, Na, P, Zn
Vitamins: A, B, C, D, E, K

Nutritional value of one portion	Value
Energy	331.8 kJ
Carbohydrate	42 g
Fat	16.6 g
Protein	2.6 g
Water	0 g

Directions

Mix all ingrediences together in stand up mixer or in a food processor but be careful not to break the oats too much. Spread it onto a tray lined with greaseproof paper and level it with palette knife. Put it in the oven and bake at 150°C for about 30 minutes. Little bubbles should appear on the surface. Cool down and remove from baking tray. Cut into portions. You can also upgrade this recipe with additional raisins or nuts. You can add more golden syrup to make it more gooey.

Recommended accessories



Enameled GN container