

Eat The View

Recipes and Tips

Gooseberry Flapjack

Shortbread base
6 oz plain flour
6 oz butter
4 oz sugar

1 lb gooseberries
2 oz water
sugar?

Flapjack top
4 oz butter
2 oz brown sugar
3 tablespoons golden syrup
6 oz oats

Grease a tin, approximately 11" x 7"

Heat oven to 200°C

Mix the shortbread base ingredients until they come together in a dough.
Press firmly into the tin and bake for about 15 minutes until just colouring.

Turn oven down to 180°C.

Top and tail the gooseberries. Put them in a thick bottomed pan with 2 oz of water and simmer gently. They are ready when they are soft and just beginning to burst. There is sugar in both the other layers of this dessert so unless the gooseberries are particularly tart they will not need any, but it is a matter of taste. You can strain out the seeds if you wish.

Spread gooseberries over shortbread

In a saucepan melt the butter, brown sugar and golden syrup. Stir in the oats. Spoon the flapjack mixture over the gooseberries.

Bake until golden brown, approximately 15 minutes.

Enjoy hot with cream or cold.