

Flapjack

Cuisine: **English**
Food category: **Pastry**




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Company: **Retigo**





Program steps


1


 Combination


 40 %

 Termination by time

 00:30 hh:mm

 150 °C

 100 %




| Ingredients - number of portions - 20 | | |
|---------------------------------------|-------|------|
| Name | Value | Unit |
| butter soft | 350 | g |
| golden sirup | 350 | g |
| brown sugar | 350 | g |
| oatmeal | 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, Se, Zn | |
| Vitamins: A, B, C, D, E, K | |
| Nutritional value of one portion | Value |
| Energy | 394.5 kJ |
| Carbohydrate | 54.6 g |
| Fat | 17 g |
| Protein | 4.7 g |
| Water | 0 g |

Directions

Mix all ingredieneces 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