

Carol's Brownies, lifted from Woman's Hour's
Cook the Perfect: Brownie

150g (5oz) butter	1 tsp vanilla
225g (8oz) 70% chocolate	50g (2oz) rice flour
3 eggs	¼ t crushed sea salt
125g (4 oz) light muscovado sugar	100g (4oz) chopped pecans

Oven @ 180° preheated. Line base & sides of 22 cm (8") square tin with foil or baking parchment.

Melt choc & butter slowly in double boiler or bowl. Take it off the heat, and leave to cool for a few minutes.

Beat eggs, sugar, & vanilla until increased in volume, pale, and fluffy. You really, really have to beat them a long time until the volume pumps up.

Fold rice flour & salt into egg & sugar mixture, then stir in nuts, keeping a handful to scatter over the top. Pour into tin & make sure it's level. Scatter nuts.

Bake for 15-17 minutes, until risen at edges but still squidgy in middle. It may seem undercooked, but don't worry. Don't let them overcook, although I undercooked them last time, and they wouldn't cut properly.

Cool in tin, cut into squares.

Date Flapjacks

(can't remember where I got the recipe)

4 oz butter	4 oz oats
4 oz honey	4 oz dates
2 oz coconut	
1 Tb each: sunflower seeds, sesame seeds	

Melt butter and honey together, stir in the rest. Spread in an 8" shallow tin, and bake at 180° for 25-30 minutes.

Mark in slices while still warm.