

Tea Time recipes Nov 21

Rice Krispy cakes!

- 60g/ 2 oz unsalted butter
- 3 table spoons golden syrup
- 1 x 100g bar milk or dark chocolate
- 90g/ 3 oz Rice Krispies

Melt the chocolate in small bursts in the microwave, or in a bowl over a saucepan of simmering water

1. Add the butter, cut in to small pieces, stir in till melted
2. Add the syrup, stir
3. Add the Rice Krispies and stir in to the chocolate mix, gently
4. Spoon in to 12 bun cases
5. Leave to cool

Fork Biscuits

100g (4oz) butter, softened
50g (2oz) caster sugar
150g (5oz) self-raising flour

Preheat the oven to 180°C /fan 160°C/ gas 4.

Lightly butter two baking trays.

Measure the butter into a bowl and beat to soften. Gradually beat in the sugar and then the flour. Bring the mixture together with your hands to form a dough.

Form the dough into 16 balls about the size of a walnut and place spaced well apart on the prepared baking trays.

Dip a fork in a little water and use this to flatten the biscuits.

Bake in the preheated oven for 15–20 minutes until a very pale golden.

Lift off the baking tray and leave to cool completely on a wire rack