

# FAMILY COOKING MATTERS

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Meet Matt Budden, the award-winning chef behind Schpoons & Forx restaurant at the Hilton Bournemouth. He's keen to get families cooking



We've all been in lockdown for many weeks now, and along the way some of us have had to find inventive ways to keep our families entertained. Eager to not let my three children get away with avoiding their school work, and being a chef, I've found any number of tactics to relate school subjects back to anything connected with food, which has led to some interesting debates. This included our young daughter describing my career as a 'cooker' rather than a chef. Her logic is that a cooker is what I use, so a cooker is what I am. Why argue with a vociferous five-year-old!

**'The young Buddens have added a random variety of store cupboard ingredients to our family flapjack recipe'**

What we can agree on is the number one house snack. Flapjacks and granola bars in many varieties are the default snack of choice in the Budden household. Which may be why they don't seem to last very long. Especially when you hear the careful lifting of the glass top of the cake stand and even more careful replacing, followed by little feet tip-toeing out of the kitchen – thinking that you haven't heard their sneak flapjack snack attack. But secretly I love the fact they are enjoying the home baking.

I wanted to share with you my tried and tested flapjack recipe, which I have used for years, so you can create your own versions with your family. Over the last few weeks, the young Buddens have added a random variety of store cupboard ingredients to our family flapjack recipe including sunflower seeds, dried apricots, dried cranberries, milk chocolate buttons, cinnamon and even fresh rosemary from the garden! Though some of the suggestions are somewhat random, everyone seems to be enjoying it. Which is, after all, the most important element of cooking! ♦



A batch of Budden family flapjack

## Fabulous flapjack

Add dried fruit, seeds and treats to this tried and tested family recipe to make it your own



A maths and cookery lesson for my daughter, first weigh your ingredients

### STORE CUPBOARD FLAPJACK

To make this vegan, swap the butter for a good quality vegan margarine.

#### Ingredients

250g soft brown sugar  
250g soft unsalted butter  
4 tbsp golden syrup or maple syrup  
500g porridge oats  
120g dried fruit, seeds, chocolate drops whatever takes your fancy

#### Method

Line a baking tray 30cm x 15cm with parchment paper and set aside. In a large heavy bottomed saucepan melt the syrup, butter and sugar together so all the sugar dissolves, then pour over the oats and mix thoroughly. And this point add your 120g of random additional ingredients. Pour into the parchment lined tray and bake at 165°C/Gas mark 3 for 15 minutes until golden. Remove from oven and cool before portioning, this should make 35 generous sized flapjacks.