

# Melting Moments

## Ingredients

- 5 oz Soft Lightly Salted Butter
- 3 oz Caster Sugar
- 5 oz Self Raising Flour
- 1 teaspoon Vanilla Extract
- 1 cup porridge oats

## Options

- Dark Chocolate Chips
- Milk Chocolate Chips
- Desiccated Coconut
- Raisins
- Golden Syrup

Traditional Melting Moments are rolled in the oats and have no other options – other than a cherry on the top. I like to mix in the oats and sometimes add an extra filling.

You create your own variations from the list above, or anything else that you can think of. I've never tried adding chopped nuts but that sounds like a good idea as well!

The Golden Syrup gives a chewy biscuit rather than a crisp biscuit and works well with raisins.

## Equipment

- Kitchen Scales
- Mixing Bowl
- Food Mixer
- Sieve
- 2 flat baking trays
- 2 teaspoons
- Spatula (to lift the biscuits off the tray)
- Wire rack for cooling

## Preparation

- Get all the ingredients measured and laid out.

## Method

Heat the oven to 180°, Gas mark 5

Grease 2 baking trays with melted butter.

Cream the butter and sugar in a mixing bowl until light and fluffy.

Mix in the vanilla extract.

Sieve the flour into the bowl and mix well

I choose to add the oats and mix evenly at this stage, but you can keep them for coating the biscuits (traditional method).

Now add your optional ingredients.

Using two teaspoons, mould the mixture into small balls and space out on the baking tray.

It's also ok to make them larger but remember to adjust the cooking time.

Press them gently on the top to start the flattening process.

Note that they will flatten and spread significantly when they are cooking.

Bake for 10 – 12 minutes until light, golden, brown.

Allow to sit in the baking tray for a couple of minutes before transferring to a wire rack for cooling.

## Tips

Can also be cooked in a “tray bake” style and cut into biscuits with a pizza cutter before transferring to the wire tray. If using this method, line the baking tray with greaseproof paper.

Note : You can use vanilla essence instead of extract if that’s all you have – that would be 2 teaspoons though!

## Portions

This recipe makes 12 - 15 biscuits.

## Storing

Can be stored in a metal biscuit tin, or in airtight plastic tubs.

They are meant for eating within a day or so as they can go soft quite quickly.

Do not refrigerate.

## Techniques

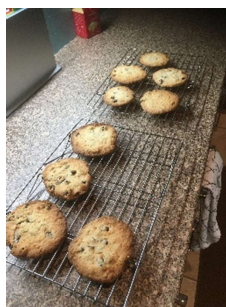
There are no special techniques if you are making individual biscuits. A good one to get the children involved.

If you are making a tray of biscuits to be cut after cooking, check out:

- Lining a Baking Tray



*8 Jumbo Biscuits*



*More traditional size  
for melting moments*



*Cooked “tray-bake” style  
and cut before transferring  
to the wire rack*