

Vee Walker's recipe for
Knockan Crag Cinder Toffee

Equipment:

A shallow, square tin, buttered

The largest, deepest, heaviest saucepan you can find

A big wooden spoon and a metal tablespoon

Ingredients:

Four heaped tablespoonfuls of soft light brown sugar

Two tablespoonfuls of golden syrup

One tablespoonful of butter

One level teaspoonful of bicarbonate of soda (make sure it's a teaspoonful not a tablespoonful if you wish to avoid an authentic Pompeii experience all over your cooker)

A pinch of salt

Method:

Parents – this is not one for the kids to do on their own.

Melt the butter over a low heat and stir in the sugar. Add the golden syrup (use a hot tablespoon to scoop it out, you will waste less). Stir well. Now raise the heat to high and boil without stirring it for five minutes (use a timer - and don't leave the room!).

Add your bicarbonate of soda. There will be a sudden, huge change in the mixture. It will froth up high in the pan. Add the pinch of salt and stir like crazy, taking care not to splash yourself as nothing burns like hot sugar (you could even wear a pair of old gloves for this bit).

Pour out the frothing mixture into the buttered tin and allow to cool. Resist the temptation to stick a finger in it to see what it tastes like as it is hotter than you can possibly imagine and it will burn you.

Place the tray containing the mixture somewhere cool and dry to harden. Careful, even the tray itself will be very hot at first. Once cool and hard, turn it out on to a chopping board and bash it with the wooden spoon to crack it into pieces. It can be coated in chocolate to make a home-made crunchie. Keeps for a few days in an airtight container.

If you have enjoyed making this recipe, there are a few others on Vee's quirky blog at

<https://blog.majortomswar.com> and on her **Facebook page /veewalker**. You can also follow her on Twitter at **@veewalkerwrites**.

*Vee's prize-winning novel **Major Tom's War**, based on the unlikely love story of her grandparents during the Great War, is available as a revised and expanded second edition Kindle or as a hardback first edition from her publisher Kashi House at **www.kashihouse.com**. Signed copies of the first edition can be ordered from Vee herself – you can get in touch via **info@majortomswar.com**. The paperback second edition of Major Tom's War should be out sometime later this year.*