

Digestive biscuits

Ingredients

- 150 g (5½ oz) plain wholemeal flour
- 1 tsp baking powder
- ½ tsp salt
- ½ tsp bicarbonate of soda
- 30 g (1 oz) medium oatmeal 20 g (¾ oz) bran
- 100 g (3½ oz) dark muscovado sugar
- 50 g (1¼ oz) unsalted butter, cut into small pieces
- 4 tbsp milk, or as needed



Method

1. Sift the flour, baking powder, salt and bicarbonate of soda into a mixing bowl, tipping in any bran left in the sieve. Add the oatmeal, bran and sugar, and mix well to combine.
2. Add the butter and rub it in with your fingertips until the mixture resembles breadcrumbs. Add 3 tbsp of the milk and stir it in well so the mixture comes together to form a soft dough. If the mixture is a little dry, add the remaining 1 tbsp milk.
3. Turn the dough out onto a sheet of greaseproof paper and shape it into a log about 25 cm (10 in) long. Wrap the paper round the dough and roll it gently back and forth to make a smooth shape. Twist the ends of the paper together to seal. Chill the dough for about 30 minutes. (It can be kept for up to 4 days in the fridge.)
4. Preheat the oven to 190°C (375°F, gas mark 5). Unwrap the dough and, using a very sharp knife, cut it across into slices 8 mm (1/3 in) thick. Use the greaseproof paper to line a baking sheet, and place the biscuits on it. Bake for about 12 minutes or until lightly browned.
5. Transfer the biscuits to a wire rack and leave to cool completely. They can be kept in an airtight tin for up to 5 days.

Notes