

Bonfire Night Parkin Recipe



Prep Time 15 minutes

Cook Time 1 hour

Total Time 1 hour 15 minutes

Servings 16 pieces

Yorkshire Parkin is an age-old ginger cake recipe from Northern England. It's moist, sticky and full of wholesome oats; perfect for Autumn and Bonfire night! It takes just 15 minutes to whip together (no machine required), then sit back as it slowly bakes in the oven and fills the house with a delightful, treacle aroma.



Equipment	Ingredients
9x9 square baking tin Greaseproof paper Large mixing bowl Small saucepan Measuring jug Wooden spoon	250g Self-raising flour 2 tsp Ground Ginger Pinch of Salt 250g Fine oats or medium oatmeal 120g Light brown muscovado sugar 150g Unsalted Butter 200g Black Treacle (or dark molasses) 100g Golden Syrup 150ml Semi Skimmed Milk 1 large egg



Instructions

1. Pre heat the oven to 140°C (275°F).
2. Line a 9x9 inch square tin with greaseproof paper.
3. Sieve 250g self raising flour into a large mixing bowl. Add a pinch of salt, 2 teaspoon ground ginger and 250g fine oats/oatmeal then mix together with a wooden spoon.
4. Next place 120g muscovado sugar, 150g butter, 200g black treacle, and 100g golden syrup into a small sauce pan. Put the pan over a low heat and melt, whilst stirring well. Once fully melted, carefully pour into the flour mixture and stir together. The mixture will appear quite thick.
5. Whisk together the milk and egg. Then gradually add the milk mix to the cake mixture, stirring well between each addition. The mixture should now loosen up.
6. Once all the milk is added transfer the cake mix to the lined tin. Spread evenly across the base of the tin.
7. Place the tin in the centre of the oven and cook for an hour or until a skewer comes out clean.
8. Once cooked remove from the oven. Leave the parkin to cool completely before removing from the tin. This will ensure your parkin stays in one piece. Then transfer to a wire rack before slicing into 16 square pieces.

Substitutions:

- The flour in this recipe can be replaced with 250g (2 cups) all purpose flour + 1 level teaspoon of baking powder.
- Fine oats or medium oatmeal can be swapped for rolled oats or fine porridge oats. Or blitz whole oats in a food processor before adding to the recipe.

- Replace muscovado sugar with dark brown sugar (Note that dark brown sugar is finer, has less molasses and a milder taste).
- If you can't get hold of UK golden syrup, have a go making your own.
- Black treacle can be replaced with dark molasses.