

Preparation time: 30 minutes

Cooking time: 1 hour

Overall inc. cooling: 2.5 hours

Makes: approx. 25 pieces, depending on size

Ingredients

200g butter

1 large egg

4 tbsp milk

200g golden syrup

85g treacle

85g light soft brown sugar

100g medium oatmeal

250g self-raising flour

1 tbsp ground ginger

Method

1. Preheat the oven to gas mark 3, 160°C, 140°C fan
2. Butter a deep 22cm square cake tin and line with baking parchment
3. Beat the egg and milk together with a fork
4. Gently melt the syrup, treacle, sugar and butter together in a large pan until the sugar has dissolved. Remove from the heat
5. Mix together the oatmeal, flour and ginger
6. Stir the dry ingredients into the syrup mixture, followed by the egg and milk
7. Pour the mixture into the lined tin
8. Bake for 50 mins – 1 hour until the cake feels firm and a little crusty on top
9. Cool in the tin then wrap in more parchment and foil

N.B. The Parkin will become softer and stickier the longer you leave it, at least 5 days and up to two weeks.

Parkin

Brigades @ Home – 19/06/2020

Ingredients

- 200g butter
- 1 large egg
- 4 tbsp milk
- 200g golden syrup
- 85g treacle
- 85g soft brown sugar
- 100g medium oatmeal
- 250g self-raising flour
- 1 tbsp ground ginger



Utensils

- Large bowl & Saucepan
 - Wooden spoon & Scales
 - Mug, Fork, & Scissors
 - Greaseproof paper
 - 22cm Square cake tin
 - Cooling rack
 - Airtight container & Foil
- Oven gas 3, 140°C fan



1.

Using some spare butter grease the cake tin, and line it with greaseproof paper.

I know it's meant to be square, but this 24cm round springform cake tin works just as well.



2.

Weigh the 100g of medium oatmeal into the large bowl



3.

Weigh the 250g self-raising flour in with the oatmeal



4.

Add the 1 tbsp ground ginger



5.

Mix the dry ingredients together



6.

Crack the egg into the mug



7.

Add the 4 tbsp of milk into the mug with the egg



8.

Beat the milk and egg together with the fork



9.

Weigh the 200g of golden syrup into the large saucepan



10.

Weight the 85g of treacle into the large saucepan



11.

Weigh the 85g soft brown sugar into the large saucepan



12.

Weigh the 200g of butter into the large saucepan



13.

Gently heat the large saucepan on the hob until the butter and sugar have melted

Remove from the heat



14.

Add the dry ingredients and mix everything together



15.

Add the egg / milk mixture and mix everything together



16.

Pour the mixture into the cake tin. You can tap the tin on the work surface to get the top level



17.

Bake in the oven for 50 minutes to 1 hour until it feels firm and the top is a little crusty

Cool in the tin on a cooling rack



18.

The Parkin will improve if left for 5 days to 2 weeks wrapped in baking parchment and tin foil

