

Eat The View



Recipes and Tips

Parkin

200g butter, plus extra for greasing
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

Heat the oven to 160C.

Butter a deep 22cm square cake tin and line with baking parchment.

Gently melt the syrup, treacle, sugar and butter together in a large pan until the sugar has dissolved. Remove from the heat.

Beat the egg and milk together with a fork.

Mix together the oatmeal, flour and ginger and stir into the syrup mixture, followed by the egg and milk.

Pour the mixture into the tin and bake for 50 mins – 1 hr until the cake feels firm and a little crusty on top.

Cool in the tin then wrap in more parchment and foil.