

## Guy Fawkes Parkin Cake



Serves 16 squares

Parkin is a traditional ginger cake from Northern England flavoured with syrupy molasses, oatmeal and warm spices. It was a much loved treat traditionally enjoyed on Bon Fire Night.

Prep: 15 mins

Cook: 1hr

Serves: makes 16 squares

Nutrition per serving: 248kcal ; 11.4.6g fat ; 6.7g saturates ; 33.3g carb ; 18.5g sugars ; 0.9g fibre ; 3g protein ; 0.5g salt

## Ingredients

- 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

## Method

### STEP 1

Heat oven to 160C/140C fan/gas 3. Butter a deep 22cm square cake tin and line with baking parchment. Beat the egg and milk together with a fork.

### STEP 2

Gently melt the syrup, treacle, sugar and butter together in a large pan until the sugar has dissolved. Remove from the heat. Mix together the oatmeal, flour and ginger and stir into the syrup mixture, followed by the egg and milk.

### STEP 3

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. *Keep for up to five days before eating if you can – it'll become softer and stickier the longer you leave it, up to two weeks.*

Recipe based on: <https://www.bbcgoodfood.com/recipes/parkin>