



MARY METCALFE'S YORKSHIRE PARKIN

| **SERVES 16**

INGREDIENTS

For the syrup mixture:

2 tbsp. golden syrup
2 cups soft dark brown sugar
8 oz. margarine, melted

2 cups self-rising flour
2 cups medium oatmeal
1 tsp. bicarbonate of soda
3 tsp. ginger
2 cups milk

METHOD

I start off by preheating the oven (160°C/140°C fan/315°F/Gas 2-3). Then, I grease a large loose bottomed cake tin and line with baking parchment.

To make the syrup mixture, I place the golden syrup, sugar and margarine in a pan over a low heat and gently simmer until melted.

I then take it off the heat and leave to cool a tad. Next, I pop all the dry ingredients – flour, oatmeal, baking soda and ginger – into a large bowl and mix together. It's now time to pour the cooled syrup mixture over the dry ingredients.

I then add the milk and give it all a good mix until well combined.

Now that the mixture is ready, I pour into the prepared tin and bake for approximately 50 minutes or until the sponge is firm (but not dry). Once completely cooled, I keep it in the tin then wrap in more baking parchment and foil.

Top tip – if you can, try not to eat it for a week because it'll become softer and stickier the longer you leave it (but eat within 2 weeks).
Parkin complete – happy baking!

