

# Bonfire Night - Yorkshire Parkin

*Brought to you by Sleaford Quality Foods*



Follow us for the latest news, trends and recipe ideas!



[company/sleaford-quality-foods](https://www.linkedin.com/company/sleaford-quality-foods)



[@Sleaford\\_QFoods](https://twitter.com/Sleaford_QFoods)



[@sleaford\\_qf](https://www.instagram.com/sleaford_qf)



**SLEAFORD**  
QUALITY FOODS

# Yorkshire Parkin

## 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 Chef William Ground Ginger

## Method

- 1.) Preheat the oven to 160C/140C fan/gas 3. Butter a deep square cake tin and line with baking parchment. Beat the egg and milk together and set aside.
- 2.) Melt the syrup, treacle, sugar and butter together in a large pan over a medium heat. When all the sugar is dissolved, remove the pan from the heat. Mix together the oatmeal, flour and ginger and stir into the syrup mixture, followed by the egg and milk mixture.
- 3.) Pour the mixture into the tin and bake for 50 mins or until the cake feels firm. Cool in the tin then slice and eat - wrap any spare slices in foil. Parkin can be stored up to five days before eating, which will make it even softer and stickier - perfect for a bonfire-side treat!



**SLEAFORD**  
QUALITY FOODS

