

## Parkin

A sticky, seasonal treat, perfect for eating at anytime of the year hot or cold. Delicious served with our Proper Homemade Custard (recipe available on our website).



Egg, milk, oats (gluten) and wheat (gluten)\*

Nutritional information per portion (69g):

Energy	Fat	Saturates	Sugars	Salt
865kJ 206kcal 10%	6.2g 9%	1.6g 8%	15g 17%	0.43g 7%

of an adult's reference intake.  
Typical values per 100g: energy 1254kJ/299kcal.

### Equipment

Weighing scales  
Greaseproof paper  
Scissors  
20cm cake tin  
Pastry brush  
Mixing bowl  
Measuring spoons  
Saucepan  
Wooden spoon  
Oven gloves  
Cocktail stick or skewer  
Wire rack

### Ingredients

**Serves 16**  
225g self-raising flour  
225g oatmeal  
75g soft dark brown sugar  
2 x 5ml spoons ground ginger  
½ x 5ml spoon bicarbonate of soda  
200g golden syrup  
110g unsaturated fat spread  
200ml semi-skimmed milk  
1 large egg

\*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



### Method

1. Preheat oven to 170°C/150°C fan or gas mark 3. Grease and line the cake tin with greaseproof paper.
2. Place the flour, oatmeal, brown sugar, ginger and bicarbonate of soda into the mixing bowl.
3. Melt the golden syrup and spread with the milk in a saucepan, until warm and just melted together.
4. Pour the syrup mixture in with the dry ingredients and mix together.
5. Beat the egg into the mixture and mix well.
6. Pour into the lined cake tin.
7. Bake for 45 minutes–1 hour. Insert a cocktail stick or skewer into the centre. If it is clean when you remove it, then the parkin is cooked. Turn out onto the wire rack to cool.

### Top Tip

- Place your saucepan on the weighing scales, set the scales to zero and then pour in the syrup. Set the scales to zero once more and weigh the spread.

### Prepare now, eat later

- Parkin is a tasty treat that keeps well, becoming more moist and sticky with time. Wrap in cling film or foil when cold and store in an airtight container for up to 2 weeks.

### Skills used include:

Weighing, measuring, beating, mixing/combining, melting and baking.