



## Ginger Parkin

### Ingredients

250g Plain Flour  
1/2 tsp Bicarbonate of Soda  
1 Tbsp Ground Ginger  
1 tsp Mixed Spice  
1/2 tsp Ground Nutmeg  
125g Fine Oatmeal  
250g Black Treacle  
250g Golden Syrup  
175g Unsalted Butter  
75g Dark Brown Sugar  
100ml Milk  
2 Large Eggs

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### Method

- Pre-heat the oven to 180 degrees centigrade (160 fan) Gas mark 4.
- Line and grease a 9" x 9" (23cm x 23cm) square baking tin.
- In a large bowl put the flour, bicarbonate of soda, ground ginger, mixed spice, nutmeg and oatmeal.
- In a pan place the treacle, syrup, butter and sugar.
- On a low heat mix until the sugar and butter have melted. Set aside to cool.
- Once it has cooled add to the dry ingredients with the milk and eggs and mix until smooth.
- Pour into the prepared tin and bake for 50 minutes or until a skewer comes out cleanly.
- Leave to cool in the tin.
- Wrap in baking parchment and foil, then keep in a cool dry place for about 5 days - it definitely gets better with age.