YORKSHIRE PARKIN

INGREDIENTS
- 170g self-raising flour
- Pinch salt
- 2 tbsp ground ginger
- 1 tsp freshly grated nutmeg
- 1 tsp ground mixed spice
- 120g oat flakes
- 250ml golden syrup
- 75ml black treacle
- 150g unsalted butter
- 150g soft dark brown sugar
- 2 medium free-range eggs
- 25ml milk

METHOD
- Pre-heat the oven to 140c
- Grease a 20 x 30cm cake tin and line with greaseproof paper.
- Sieve the flour, salt, ginger, nutmeg and mixed spice into a large bowl. Mix in the oats.
- Place the golden syrup, treacle, butter and sugar into a saucepan and heat gently until melted and well combined. Stir this mixture into the bowl with the dry ingredients.
- Add the beaten egg and milk and mix to make a soft, almost pouring consistency.
- Pour the mixture into the cake tin and bake in the oven for 1 hour or until firm in the centre.
- Remove from the oven and leave in the tin for 5-10 mins before turning out.