

# James Martin's Parkin

This is simple to prepare and James Martin's unusual but deliciously sticky parkin is best after 3-4 days, which means you can do this in advance!



## Thank you

Our sincere thanks to James Martin for sharing his delicious recipe with us.



## Method

1. Preheat the oven to 150C / 300F / Gas Mark 2.
2. Grease a 25cmx18cm cake tin and line with greased greaseproof paper.
3. Sift the flour, ginger and bicarbonate of soda into a bowl. Stir in the egg and then the caster sugar, mixing well.
4. In a small saucepan, melt the butter and the golden syrup, stirring to mix. Remove from the heat and stir in the milk.
5. Gradually stir the milk mixture into the flour and egg mixture. Stir until smooth, then pour into the prepared tin.
6. Bake for about 1 hour or until the mixture starts to shrink away from the sides of the tin.
7. Remove from the oven and turn out onto a wire rack to cool.
8. Cut into squares and serve, preferably after about 3-4 days when the parkin will have become nice and sticky.

## Ingredients

- Oil, for greasing
- 225g self-raising flour
- 1 tsp ground ginger
- 1 tsp bicarbonate of soda
- 1 egg, lightly beaten
- 115g caster sugar
- 60g butter
- 115g golden syrup
- 225ml milk

Prep time: **20min** Cook time: **1hr 5min** Serves: **8 - 10**



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