

Yorkshire Parkin

Given to us by one of our volunteers. An old-fashioned recipe from an old cookery book, seasonal and good if you want a quick burst of energy.

The amounts can easily be halved. Use a deep rectangular tin, about 6" x 3"

Ingredients:

1 lb fine oatmeal	½ oz ground ginger
1 lb treacle	½ tsp bicarbonate of soda
¼ lb butter	2 tbsp Demerara sugar
	1 tbsp milk

Method:

Rub the butter into the oatmeal, add the ginger and sugar. Melt the treacle, dissolve the soda bicarb in the milk. Mix all together and bake in a flat tin lined with paper in a moderate oven about 1 hour.