

Gill's Gourmet Gallery

Parkin for Bonfire Night

Gill says... *'Here's the recipe for the Parkin for Bonfire Night and Parkin Pumpkin Cake for Halloween. My twist is using Chilli and Chocolate.'*

Ingredients:

- 4 tbsp milk or fresh cream
- 1 egg
- 200g golden syrup
- 85g treacle
- 85g light soft brown sugar
- 200g butter
- 100g medium oatmeal
- 250g self-raising flour
- 1 tbsp ground ginger
- 1 tbsp cocoa powder
- 1 tspn chilli flakes

Method:

- Heat oven to 160c. Grease a deep 22cm/9in square cake tin. Beat the egg and milk/cream together with a fork.
- Gently melt the syrup, treacle, sugar and butter together in a large pan until the sugar has dissolved. Remove from the heat. Mix together the oatmeal, flour, ginger, cocoa powder and chilli flakes and stir into the syrup mixture followed by the egg and milk/cream.
- Pour the mixture into the tin and bake for 30 minutes until the cake feels firm and a little crusty on top. Cool in the tin then wrap in parchment and foil and keep for 3-5 days before eating. It becomes softer and stickier the longer you leave it, up to 2 weeks.

