

Brian's Yorkshire Parkin

This recipe was developed by my father, a Yorkshireman and a lover of parkin, determined to find the perfect combination of chewy spiciness. I use Brian's original recipe but, here in Newfoundland, I substitute molasses for black treacle, which is difficult to find and expensive. If I have it to hand I also add a little finely chopped crystallised ginger (but don't tell Brian!).

Pre-heat oven to 150c/300f.

One 7" x 10" (or similar sized) baking tin, greased and lined with parchment paper.

8oz/225g/5 fl oz black treacle (molasses)
2oz/55g/1.5 fl oz golden syrup (corn syrup)
8oz/225g butter
6oz/170g soft brown sugar
12oz/340g medium oatmeal (oat bran)
8oz/225g all purpose flour
3 tsp baking powder
4 tsp ground ginger
2 eggs, beaten
1-2 tbsp milk

Put treacle (molasses), syrup, butter and sugar into a saucepan and heat gently, stirring, until the butter has melted – be careful not to boil it.

In a separate bowl sift together the flour, baking powder and ginger, add oatmeal.

Add the syrup mix to the dry ingredients, followed by the eggs and enough milk to create a soft consistency. Pour into the prepared pan and bake for one and a half to two hours until firm. Cool in the tray before cutting into squares. Parkin stores very well in an airtight container – in fact it improves with age, try leaving it a week or two before eating it - if you can!

Please feel free to share this recipe with others. If you use this in another publication we would appreciate a reference to Two Whales as the originators of this recipe. Thank you.

