

NUTRITION: Lazza's Kitchen Adventure Yorkshire Parkin

**A Brand NEW Recipe from Lazza's Kitchen.
Lazza made his first ever Yorkshire Parkin from scratch**

The origin of the word "Parkin" is unknown. The first published dated reference to parkin was collected from 1728 from the "West Riding of Yorkshire Quarter Sessions" when Anne Whittaker was accused of stealing oatmeal to make parkin. It is eaten in an area where oats were the staple grain for the poor, rather than wheat. It is baked to be hard, but after storing in a sealed tin or box for several days, it becomes soft again, the texture that is intended.

Ingredients

450g Porridge Oats
100g Plain White Flour
225g Golden Caster Sugar
1 teasp Ginger
1 teasp Baking Powder
110g Unsalted Butter Softened
300g Treacle (I used Honey)
250ml Full Fat Milk (can use part Cream)
1 Egg

I am just saying - this is one of the easiest recipes to make.

Preheat the oven to 150°C (130°C fan, gas mark 2).

Grease and line a 25cm square tin.

Mix all the dry ingredients together.

Add the melted butter and treacle/honey, then the milk and beaten egg.

Stir well and pour into a lined tin.

Bake for about 1 hour 45 minutes, or until you insert a skewer into the cake and it comes out clean.

You could always top with some chocolate, but I kept my plain.



**During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking.
Why not try out some new recipes and foods yourself?
More on HMHB recipe pages: www.hmhb2016.org.uk
This was a great and very tasty bake to prepare.**