

# Parkin

**Country of origin: Yorkshire!**<sup>1</sup>

**FAIRTRADE Parkin** - a traditional Yorkshire ginger cake with **FAIRTRADE** ingredients.

*"We kept eatin' Parkin, that's why we are so brown".*

## Ingredients

- 550 g self raising flour
- 500 g oatmeal
- 300 g **FAIRTRADE** raw cane sugar
- 150 g **FAIRTRADE** muscavado sugar
- 35 ml **FAIRTRADE** ground ginger
- 10 ml **FAIRTRADE** ground cinnamon
- 450 ml (1 whole jar) Tropical Wholefoods **FAIRTRADE** forest runny honey
- 300 ml **Traidcraft** *Wild Blossom honey*
- 450 gm margarine
- 300 ml milk
- 5 hens eggs

## Method

### Preparation

Pre-heat the oven to Gas Mark 3.

Soak the oats in the milk for 30 minutes or so.

In a mixing bowl mix the flour, ginger, cinnamon and sugars.

Melt the margarine in a pan and add the honeys. Mix round.

Add in the milk / oats mixture and stir.

Make a well in the flour and add in the liquids and mix them all together. Beat in the eggs and mix well.

## Cooking

Grease a baking tray and line with greaseproof paper.

Pour in the mixture and bake for about 1 hour 20 minutes. When ready it should start to pull away from the sides of the baking tin.

## To serve

Serve cool.

## Variation

There are many variations on Parkin, so feel free to experiment.

The above recipe has **FAIRTRADE** sugars, which is authentic, but the honeys are a substitute for golden syrup and molasses.

Dan Lepard's 100 year old Parkin (recipe from 1907) includes lemon zest and mixed peel.

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<sup>1</sup><http://www.fairtradecookbook.org.uk/countries/england.htm>