

## Lancashire Parkin



### **Profitability:**

### **Steps:**

Put the oatmeal, flour, sugar, salt and ginger in a bowl. Mix it all together.

Gradually rub in the fat.

When it is all mixed in add the treacle, golden syrup and egg.

Mix well. This will make the mixture quite heavy.

Place in a lined, roasting tin.

Cook at 150-170 C, 1 - 1 1/2 hours.

Leave in the tin for approx. 4 days before digging in.

### **Ingredients:**

240g (8 oz) fine or medium oatmeal

230g (8 oz) self raising flour

230g (8 oz) brown sugar

Salt

1 1/2 dessertspoons ground ginger

225g margarine or butter

125g black treacle

125g syrup

1 egg, beaten