

Parkin

Probably the original sticky toffee pudding, Parkin has its culinary roots in the North of England – they sometimes call it Thor in Derbyshire, occasionally Tharf in Yorkshire and by the time you're in Northumberland, you may find it referred to as Moggy.

Parkin is synonymous with this time of year – Halloween, Bonfire Night – great on those cold autumn nights. Wet duffle coats, nights when you can see your breath.

Makes 12 good slices

115g butter, plus a bit more for greasing
225g plain flour
1 tsp bicarbonate of soda
2 tsp ground ginger
1 tsp ground cinnamon
1 tsp mixed spice
½ tsp salt
110g coarse (pinhead) oatmeal
175g dark muscovado sugar
3 tbsp golden syrup
115g black treacle
150ml milk
1 large egg, beaten

Preheat the oven to 180°C and grease a (preferably non-stick) loaf tin with butter. Sift the flour, bicarbonate of soda, spices and salt into a bowl. Stir in the oatmeal and sugar and make a well in the centre.

Melt the butter, syrup and treacle over a low heat, whisking to emulsify. Remove from the heat and let cool.

When cooler, mix into the flour mixture with a wooden spoon, then beat the egg and milk together and stir into the mixture until well mixed.

Pour the mixture into the tin and bake for 45-50 minutes, leaving the mixture slightly soft to the touch.

Leave to cool for 30 minutes or so before turning out.