

Sponge Parkin

based on a traditional recipe from Lancashire and Yorkshire (Northern England)



Ingredients

200g self-raising flour
150g sugar
100g margarine
1 egg
1 teaspoon ginger
½ teaspoon of baking powder
½ teaspoon of bicarbonate of soda
2 tablespoons of treacle
200ml boiling milk

Preparation Method

Pre-heat the oven to **150°C**.

Rub the butter into the flour. Add the remaining dry ingredients and then the egg and treacle and mix well. Make a well in the centre, add the boiling milk and mix carefully.

Pour the mixture into a greased loaf tin (about 28cm x 13cm x 7cm).

Bake for **about 1 hour**, *being careful to not over-bake*.