

Bethany Elliott's Hot Sutterby Parkin... in a manor of speaking.

Ingredients

8oz plain flour
2 level teaspoons ground ginger
2 level teaspoons bicarbonate of soda
4oz butter
6oz soft brown sugar

Pinch salt
1 level teaspoon mixed spice
4oz porridge oats
4oz golden syrup
1/4-pint milk

Method

Grease and line 7x10.5-inch (18x26cm) tin. Sift flour, spices and bicarbonate of soda into a bowl. Mix in oats. Melt butter, syrup and sugar in a saucepan. Stir in dry ingredients and milk.

Pour into prepared tin and bake at 180 - check after 30 mins.
(Fan 170C - check after 30 mins)

