



# MUNTONS' PARKIN CAKE

This recipe is not only an homage to our Yorkshire colleagues at our Flamborough Maltings in Bridlington and Peating Plant at Tithe Top, but it is a nod to the colder weather and darker nights that are drawing in. A perfect treat to enjoy during the changing of the seasons, you can enjoy parkin cake in front of the crackling fire with an excellent brew and comfy blanket, or, of course, on Bonfire Night, as is the tradition.

Parkin cake couldn't be easier. It's a minimal fuss and minimal mess recipe and delivers fantastic results.

Sticky, moist and fiery ginger notes balanced out by earthy malty flavours. Using a balance of golden syrup and malt extract mellows out the sweetness of this cake and enhances the ginger notes. I have also added Nuttimalt and oatmeal, to give a superb contrast to the soft cake, with a chewy crunch and malt flavour bursts.

You will need your trusty jar of malt extract, readily available from health food shops and chemists. Made by extracting the natural sugars developed during the malting process, using just water and heat, malt extract contains long-chain sugars, providing a more sustained release of energy than simple sugar. We kibble malted wheat to make Nuttimalt by coarsely cutting malted wheat grains into delicate pieces. You can buy this from the Bakery Bits website in 500g packs.

Enjoy!  
Richard Platt  
Senior Product Development Technologist

## INGREDIENTS

250g Unsalted Butter  
150g Golden Syrup  
150g Malt Extract  
120g Treacle  
120g Soft Brown Sugar  
80ml Evaporated milk  
2Tbsp Ground ginger  
300g Self Raising Flour  
100g Nuttimalt  
80g Oatmeal  
2 Eggs (1 whole + 1 yolk only)

## DIRECTIONS

Preheat oven: 160oc/140oc/gas mark 2  
Line a deep square 24cm cake tin with greaseproof paper (base and sides)

Weigh the butter, syrup, malt extract, treacle, sugar, milk and ginger into a saucepan. Melt everything together on low heat until the sugar has thoroughly dissolved. Remove from the heat and allow to cool slightly.

Weigh out the flour, oatmeal and Nuttimalt into a bowl, mix and then tip into the saucepan that contains the syrup. Stir thoroughly to combine until there are no lumps. Add the egg and egg yolk and mix again to create a thick batter.

Pour the batter into the lined cake tin; smoothing out to the edges. Place the cake into the oven on the lowest rack and bake for 50-55 minutes or until the sponge is firm to touch. Rotate the tin halfway through the cooking time to ensure an even bake.

Allow to cool in the tin until cold then; wrap in parchment and tin foil.

You can enjoy it on the same day if you wish, but I found it's best to wait until the next day as it will get stickier over time.



# Muntions

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