



YORKSHIRE PARKIN

This month, we head north from Wales back to England and up to Yorkshire.

It is in this historic county that the Parkin originated. Essentially, these baked goods are gingerbread cakes and the first entry for the Parkin was written in 1728 in the records of the West Riding Of Yorkshire Quarter Sessions. Our version is made with our GLUTEN-FREE VEGAN CAKE MIX, which is directed towards those who want to enjoy gluten-free and vegan products without any compromises in taste. A droll anecdote is that the name "Parkin" actually emanates from the forename "Peter" which is of particular popularity in Yorkshire.

Yorkshire

Yorkshire itself is, as a historic county in Northern England, known for its strong Roman and Viking heritage and an architecture not only shaped by Norman castles and medieval abbeys, but also Roman cathedrals, such as the York Minster Cathedral built in the 13th century.

On the culinary side of things, the Yorkshire pudding is a famous savoury batter dish. It is commonly served with the traditional Sunday roast. In its home county, however, you will often see it served as a starter course accompanied by onion gravy. There is even a National Yorkshire Pudding Day which has been celebrated in Britain on the first Sunday in February since 2007.

...and did you know that the region is renowned for having a high density of breweries? As of July 2022, Yorkshire counted 402 breweries, the oldest being the "Samuel Smith's Brewery" which was first established in 1758.



Yorkshire Parkin

using GLUTEN-FREE VEGAN CAKE MIX

GLUTEN-FREE VEGAN CAKE MIX	1.000 kg
Golden syrup	0.400 kg
Black treacle	0.150 kg
Brown sugar, soft	0.250 kg
Oat flakes, medium	0.500 kg
Ginger, ground	0.040 kg
Vegetable oil	0.300 kg
Water, approx.	0.450 kg
Total weight	3.090 kg

Mixing time: 3 minutes, on medium speed

Scaling weight: as desired

Instructions for use: Heat the syrup, treacle and sugar on a gentle heat until the ingredients have dissolved. Subsequently, remove from the cooker, add the remaining ingredients and mix on medium speed. Put the batter into the desired baking tins and bake.

Baking temperature: 180° C, dropping, giving steam

Baking time: 30 – 40 minutes