



British Sugar plc  
Sugar Way  
Peterborough  
PE2 9AY

## Golden Sticky Parkin Slice

Method	grammes	%
Bread Flour	1000	16.95
Medium Oatmeal	1000	16.95
Soft Light Brown Sugar	1280	21.69
Baking Powder	20	0.34
Mixed Spice	20	0.34
Ground Ginger	20	0.34
Baker's Syrup	1120	18.98
Cake Margarine	640	10.85
Liquid Milk	800	13.56
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	5900	100.00

- Weigh all dry ingredients together
- Place in mixing bowl with gate beater
- Gently warm syrup & margarine together
- Once margarine is melted, add to dries
- Mix 1 minute on slow speed with gate beater
- Add milk and mix on slow speed until combined
- Mix 2 minutes on medium speed.
- Pour above mix into a lined, 4 sided 30" x 18" baking tray
- OR 1 kilo into a 12" x 7" traybake foil (30 x 18 cm)
- OR 285 grammes (10 oz) into lined 1lb loaf tins
- Bake until just set @ 170'C / 340'F double-trayed
- Simmerstats set very low
- Cool in tray, cut as required

