**Recipe – Class 21 – Children**

**Rock Cakes**

Ingredients

100g butter or margarine

225g plain flour

2 level teaspoons baking powder

Pinch of salt

Half a level teaspoon of mixed spice (optional)

Grated rind of half a lemon

100g demerara sugar

100g dried fruit (pre packaged or mix different ones - to your own liking)

1 egg, beaten

About 1 teaspoon of milk, optional

Method

Step 1

With the help of an adult preheat your oven to 200C / 400F / Gas mark 6

Step 2

Grease two baking sheets

Step 3

Sift together the flour, baking powder, salt and spice (if using). Rub butter (or margarine) into the flour mix until it resembles fine breadcrumbs.

Step 4

Stir in the rind, sugar and fruit

Step 5

Make a well in the centre and pour in the egg and a little milk if necessary to give a stiff crumbly consistency. Bind together loosely using a fork.

Step 6

Use two forks to shape the mixture together in rough heaps on the baking sheets (makes 12, but you need only present 4 at the Show).

Step 7

Bake in the oven for 15-20 minutes.

**Recipe – Class 26**

**Yorkshire Parkin**

Ingredients

110g butter

110g soft dark brown sugar

55g black treacle

200g golden syrup

225g oats

110g self raising flour

2 tsp ground ginger, or to taste!

1tsp mixed ground spice, or to taste!

2 eggs, lightly beaten

20ml milk

Method

1. Preheat the oven to 160C / 140C Fan / Gas 3, and line a 2lb (900g) loaf tin with baking parchment.
2. Place a saucepan over a medium heat and gently melt together the butter, sugar, black treacle and golden syrup. Leave to one side to cool.
3. Combine the oats, flour, ginger and mixed spice in a large bowl. Stir in the cooled syrup mixture, followed by the beaten eggs and milk.
4. Pour the mixture into the lined loaf tin and bake for 60 minutes, or until a skewer inserted into the centre of the cake comes out clean.

**TIP – Parkin gets stickier and more flavoursome with time! Once baked leave it in an airtight container for a day or two before enjoying it spread with salted butter or warmed with custard**