



ANZAC BISCUITS



INGREDIENTS

MAKES 30

- 1 cups rolled oats
- 1 cup plain flour
- 1/2 cup (lightly packed) brown sugar
- 1/4 cup caster sugar
- 1 cup desiccated coconut
- 125g butter
- 3 tbsp golden syrup
- 1 tsp bicarbonate of soda
- 2 tbsp hot water

EQUIPMENT

- Mixing bowl
- Wooden spoons
- Small saucepan
- Baking tray
- Wire rack

The first version of ANZAC biscuits appeared in 1823, but it wasn't until after the Australians landed on Gallipoli they became known as Anzac Biscuits, taking on the acronym for Australian and New Zealand Army Corps.

INSTRUCTIONS

1. Preheat oven to 160°C. Prepare two baking trays with non-stick baking paper.
2. Place the oats, flour, sugars and coconut in a bowl, mix to combine and set aside.
3. In a small saucepan melt butter with golden syrup and water. Once butter has melted turn off heat and bicarbonate soda - the mixture will foam.
4. Pour butter mixture into the dry ingredients and mix well to form a biscuit dough.
5. Place walnut size balls of the mixture onto baking trays and flatten to approx. 7cm rounds, allowing room to spread.
6. Bake for approx 10 -15 mins or until deep golden. Allow to cool on baking trays before transferring to wire racks to cool completely.

The Anzac biscuit recipe we know and love was based on rolled oats which were common in Scotland for making a thick and nutritious porridge to ward off the extreme cold. Eggs were omitted from the recipe because they were so scarce in wartime, so golden syrup or treacle was used as the binding agent. To make sure they remained fresh and crisp they were packed in used tins such as Billy Tea cans.

www.anzaccentenary.gov.au/origins-anzac-biscuits

