

# ANZAC DAY 25th April

## ANZAC BISCUITS

### *Ingredients*

- 1 cup rolled oats
- 1 cup dark brown sugar
- 1 cup plain flour
- 1/2 cup coconut
- 125g butter
- 2tbs golden syrup
- 1tps bicarb soda
- 2tbs boiling water



### *Method*

1. Combine oats, sifted flour, sugar and coconut.
  2. Combine butter and golden syrup in pan, stir over low heat until butter is melted.
  3. Combine bicarbonate soda and water. Add to butter mixture then stir both into the dry ingredients.
  4. Place heaped teaspoons of mixture about 4cm apart on a tray lined with baking paper. Press down lightly.
  5. Bake at 150°C for 15 minutes or until golden brown.
  6. Loosen biscuits after 15 minutes. Cool on cooling racks.
- Makes approximately 24 biscuits.

### *Origin of the ANZAC Biscuit*

The traditional ANZAC biscuit was developed a hundred years ago by the mothers, wives and girlfriends of our soldiers in World War1. The recipe always consists of the above ingredients (coconut was added to the recipe in the mid 1920s), and is now a time honoured tradition.

These sweet biscuits made of rolled oats and bound with golden syrup or treacle (eggs were scarce during the war) kept well enough to be transported to the frontlines in comfort parcels by the ships of the Merchant Navy.