

ANZAC Biscuits

Season: All

Makes: 48 small biscuits

The first reference to ANZAC biscuits seems to be shortly after the First World War. Families and support groups baked these biscuits, full of energy from oats, treacle and desiccated coconut, and sent them to Australian service people at war. The biscuits are eggless, as eggs were scarce. They are dry and lightweight – perfect keeping qualities for an item that might take eight weeks to reach its hungry recipient.

Note: Kitchen Garden Schools can make these biscuits as a fundraiser for the Program, and learn about the history of the ANZACs while doing so.

Equipment:

metric measuring scales,
spoons and cups
large saucepan
mixing bowls – 1 large,
1 small
mixing spoon
baking trays

Ingredients:

125 g butter
1 tbsp golden syrup
1 tsp bicarbonate of soda
2 tbsp boiling water
1 cup rolled oats
1 cup desiccated coconut
1 cup plain flour
1 cup sugar

What to do:

1. Preheat the oven to 160°C.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Combine the dry ingredients in the large mixing bowl and create a well in the centre.
4. Melt the butter and golden syrup in the large saucepan over a low heat.
5. Mix the bicarbonate of soda with the boiling water in the small bowl, add to the pan and stir in, then turn off the heat.
6. Pour the liquid mixture from the saucepan into the well in the centre of the dry ingredients. Mix until you have a moist but firm consistency.
7. Drop teaspoonfuls of the biscuit mixture onto your baking trays.
8. Bake for 20 minutes, then remove and set aside to cool.

