Anzac Biscuits

Recipe source: Ms Smith’s recipe book

Makes: 25 to 30 biscuits

Equipment:

Greased or lined oven tray
Measuring cups
1 large bowl
wooden spoon
saucepan
measuring spoons
Oven mitts
Wire cooling racks

Ingredients:

100g of plain flour
100g of rolled oats
100g of desiccated coconut
125g of unrefined golden cater sugar
1 teaspoon bicarbonate of soda
100g of unsalted butter, melted
2 tablespoons golden syrup, warmed
2 tablespoons of boiling water

Method:

- Pre-heat the oven to 180 degrees C (gas Mark 4) 10 minutes before baking
- Place the oats, flour and coconut into a mixing bowl and stir in the sugar
- Dissolve the bicarbonate of soda in 2 tablespoons boiling water, stirring until completely dissolved
- Make a well in the centre of the dry ingredients, then stir in the melted butter with the dissolved bicarbonate of soda and the golden syrup. Mix well
- Place heaps of about 2 teaspoons each onto lightly oiled or lined baking sheets, allowing room for expansion
- Bake for 8-10 minutes until golden brown
- Remove from the oven and allow to cool before transferring them to a wire cooling rack

These biscuits date back to the First World War. The word ANZAC stands for the Australian and New Zealand Army Corps. They are said to have been sent to soldiers by concerned wives and parents, to provide some nutritional food that did not spoil easily. The biscuits are still a firm favourite for many people.