

Anzac biscuits

Season: All

Type: Sweets and Drinks

Difficulty: Easy

Makes: 48 small biscuits

Recipe Source: Stephanie Alexander Kitchen Garden Foundation

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.

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

Equipment:

large saucepan
small mixing bowl
mixing spoon
large mixing bowl
teaspoon
baking trays

Ingredients:

125 grams butter
1 tablespoon golden syrup
1 teaspoon bicarb soda
2 tablespoons boiling water
1 cup rolled oats
1 cup desiccated coconut
1 cup plain flour
1 cup sugar

What to do:

- Preheat the oven to 160°C.
- Over a low heat on the stovetop, melt the butter and golden syrup in the large saucepan.
- Mix the bicarb soda with the boiling water, add to the pan and stir in, then turn off the heat.
- Combine the dry ingredients in a large mixing bowl and pour the mixture from the saucepan into the centre. Mix to a moist but firm consistency.
- Drop teaspoons of the biscuit mixture onto your baking trays.
- Bake for 20 minutes, then remove and allow to cool on the baking trays.

