



Recipe for Anzac biscuits

Ingredients

- 2 tablespoons butter or margarine
- 2 tablespoons golden syrup
- 1 teaspoon bicarbonate of soda dissolved in 2 tablespoons boiling water
- 1 cup rolled oats
- 1 cup desiccated coconut
- 3/4 cup brown sugar
- 3/4 cup plain flour

Method

1. Heat oven to 160°C.
2. Melt butter (or margarine) and syrup.
3. Add dissolved bicarbonate of soda and water.
4. Mix dry ingredients in a bowl, add the liquid mixture and stir.
5. Place small balls of the mixture (about 1 teaspoon) onto a greased tray.
6. Bake for 20 minutes or until lightly brown.
7. Lift biscuits onto a cake cooling rack and wait for them to cool.

History of the Anzac biscuit

During the First World War, people at home in Australia often sent parcels to the Anzacs to show their support. Parcels of food supplemented the soldiers' plain diet of tinned 'bully' beef and hardtack, also known as the 'Anzac wafer' or 'Anzac tile'.

Many care parcels included biscuits made from rolled oats, golden syrup and flour, which had high nutritional value and kept well while being transported overseas.

These biscuits have come to be known as Anzac biscuits and are still popular in Australia today.