

# ANZAC Biscuit Recipes

ANZAC biscuits are sweet biscuits, made with rolled oats, flour, coconut, brown sugar, butter, golden syrup, baking soda and boiling water. They have long been associated with the Australian and New Zealand Army Corps (ANZAC), established in WW I. It has been claimed that the biscuits were sent by wives and mothers to the soldiers abroad as the ingredients did not spoil easily during the long periods of transportation. Other sources claim that they were primarily used as part of fundraising efforts - indeed they are still used as part of fundraising activities by the RSA in New Zealand and the RSL in Australia.

As well as the classic ANZAC biscuit, we've created a couple of variations - one using Mexican ingredients and the other inspired by favourite Turkish spices. As the name and recipe are protected (and cherished) in both Australia and New Zealand, we've named them ANZMEX biscuits to avoid causing any offence.

## The classic ANZAC biscuit

### Ingredients

150g (1 cup) plain flour  
90g (1 cup) rolled oats  
85g (1 cup) desiccated coconut  
200g (1 cup, firmly packed) brown sugar<sup>1</sup>  
125g butter  
2 tablespoons golden syrup<sup>2</sup>  
1 tablespoons water  
1/2 teaspoon bicarbonate of soda

### Method

1. Sift flour into mixing bowl and add oats, coconut and sugar.
2. Melt butter in a saucepan, add golden syrup and water.
3. Mix bicarbonate of soda to the butter mixture and when foamy add to flour mixture
4. Roll into balls about 3cm in diameter, and flatten until about 1cm thick and place on baking tray lined with non stick paper
5. Bake at 175°C for 15 or 20 minutes until golden.
6. Leave to cool on tray then enjoy with a cup of strong tea or store in airtight container.

## The ANZMEX biscuit

### Ingredients

150g (1 cup) plain flour  
90g (1 cup) rolled oats  
85g (1 cup) *amaranto*  
200g (1 cup) *mascabado* sugar  
125g butter  
2 tablespoons agave syrup  
1 tablespoons water  
1/2 teaspoon bicarbonate of soda

### Method

1. Sift flour into mixing bowl and add oats, *amaranto* and sugar.
2. Melt butter in a saucepan, add syrup and water.
3. Mix bicarbonate of soda to the butter mixture and when foamy add to flour mixture
4. Roll into balls about 3cm in diameter, and flatten until about 1cm thick and place on baking tray lined with non stick paper
5. Bake at 175°C for 15 or 20 minutes until golden.
6. Leave to cool on tray then enjoy with *café de olla* or store in airtight container.

## The Gallipoli ANZMEX biscuit

### Ingredients

150g (1 cup) plain flour  
90g (1 cup) rolled oats  
85g (1 cup) chopped macadamia nuts  
200g (1 cup, firmly packed) brown sugar  
1 teaspoon each of ground cardamom, ginger, black sesame seeds and nigella seeds<sup>3</sup>  
125g butter  
2 tablespoons golden syrup  
1 tablespoons water  
1/2 teaspoon bicarbonate of soda

### Method

1. Sift flour into mixing bowl and add oats, nuts, sugar and spices.
2. Melt butter in a saucepan, add golden syrup and water.
3. Mix bicarbonate of soda to the butter mixture and when foamy add to flour mixture
4. Roll into balls about 3cm in diameter, and flatten until about 1cm thick and place on baking tray lined with non stick paper
5. Bake at 175°C for 15 or 20 minutes until golden.
6. Leave to cool on tray, and enjoy with mint tea or store in airtight container.

<sup>1</sup> A mix of 50/50 *mascabado* and raw sugar can be substituted if you can't get brown sugar.

<sup>2</sup> Use dark honey or a mix of honey and treacle if you can't get someone to bring you golden syrup

<sup>3</sup> Vary the spices for any favourite Turkish spices: allspice, cardamom, cinnamon, ginger, nigella seeds, sesame seed, even chilli flakes or paprika