



Chewy Anzac Biscuits

Recipe provided with permission from:

Anzac Biscuits: The Power and Spirit of an Everyday National Icon

by Allison Reynolds, published by Wakefield Press, 2018.

INGREDIENTS

1/2 level cup (75g) plain flour
 1/2 level cup (75g) self raising flour
 1 cup (90g) rolled oats (not instant)
 1 cup (70g) dessicated coconut
 1 cup (200g) sugar (try half caster and half soft brown sugar)
 125g butter
 1 tablespoon (20ml) golden syrup
 1 teaspoon bicarbonate of soda
 1 tablespoon boiling water

Makes 26-30 biscuits

TIP: You can reduce the sugar in this recipe by up to 1/2 a cup if you have less of a sweet tooth.

TIP: Open the lid of your golden syrup and stand in a bowl of hot water to soften before measuring and dip your tablespoon in hot water before measuring to help the golden syrup slide off into your mixing bowl.

EAT
LOCAL
 SOUTH AUSTRALIA

Try this recipe with Laucke Flour, Kangaroo Island Oats and Paris Creek Farms Butter for a truly South Australian Anzac Biscuit!

METHOD

1. Preheat oven to 170C (150C fan-forced).
2. Mix flour, oats, dessicated coconut and sugar in a large bowl.
3. Melt the butter in a large pan over medium heat, add golden syrup (see tip below) and stir until dissolved. Bring gently to boiling point then remove pan from heat.
4. Mix boiling water and bicarbonate of soda, stir until dissolved. Add this to the hot melted mixture and stir until it froths up the pan.
5. Carefully add the frothy mixture to the dry ingredients and mix well. If a little dry, add 1/2 teaspoon of extra water to help bind it together so that you can form a ball of the mixture in your hand.
6. Take a rounded dessertspoon of mixture, roll into a ball. Place balls on baking trays 5cm apart (the biscuits will spread during baking).
7. Press biscuits down using a fork, the back of a spoon or the bottom of a measuring cup.
8. Bake for 15 minutes, then take trays out of oven (one at a time) and press biscuits flat again. Return trays to oven and continue baking for a further 3-4 minutes or until golden brown (they will be soft).
9. Leave the biscuits on the trays for barely one minute - just enough time for the biscuits to firm up slightly - before transferring them to a wire rack to finish cooling.
10. Once cooled, store these delicious biscuits in an airtight tin.