

Anzac Biscuits

A number of foreign friends living in Australia have said that Anzac Day feels more like our national day than Australia Day does. And the legend of the Australian and New Zealand Army Corps, and their battle at Gallipoli on 25 April 1915, is certainly etched deep in the Australian psyche. It's so sacred, in fact, that legislation protects the word 'Anzac' and a permit is required to use it. Luckily applications for 'Anzac Biscuit' are usually granted (as mine was), though the Department of Veteran Affairs is strict about following a traditional recipe and frowns on the name Anzac Cookie! So here's my version of these crisp, chewy biscuits that were, I believe, sent in care packages to the soldiers on the frontline in WWI. When you enjoy these biscuits, spare a thought for them, and for all the others that have risked their own safety and comfort to protect ours. Vale Owen Bennett (2 Jan 1923 - 15 Jan 2016). Lest We Forget.



INGREDIENTS

Makes about 24

- 1 cup rolled oats
- 1 cup plain flour
- $\frac{3}{4}$ cup castor sugar
- $\frac{3}{4}$ cup shredded coconut
- 125g salted butter
- 2 tablespoons golden syrup
- 1 teaspoon bicarb soda

METHOD

1. Preheat oven to 160°C.
2. Combine oats, flour, sugar and coconut in a mixing bowl.
3. Place butter and golden syrup in a saucepan over low heat until butter melts.
4. Stir in bicarb soda (it will froth up).
5. Pour over oats mixture and stir to combine very well to form a dry but cohesive mixture, adding a teaspoon or 2 of water if necessary.
6. Press tablespoonfuls of the mixture into balls, flatten into discs and place onto baking paper-lined trays about 5cm apart.
7. Bake for 15-20 minutes, until golden.
8. Remove from oven and set aside to cool on the tray.

