



ANZAC

BISCUITS

aka Soldiers' biscuits

ANZAC Biscuits (cookies in North America) are really, really delicious. Store them in a padlocked tin!

ANZAC Biscuits

Contributed by Margaret Gall

1 cup rolled oats

1 cup plain flour

$\frac{3}{4}$ cup coconut

$\frac{3}{4}$ cup sugar (works just as well with $\frac{3}{4}$ cup)

1 $\frac{1}{2}$ teaspoons bicarbonate of soda (baking soda in Canada)

2 tablespoons boiling water (the Australian tablespoon = 20 mls, the North American tablespoon is only 14.79 mls so be generous here)

$\frac{1}{2}$ cup (125 grams) butter

1 tablespoon golden syrup

Preheat oven to slow –150 Celsius or 300 Fahrenheit. Combine rolled oats, sifted flour, sugar and coconut. Combine butter and golden syrup in a pan, stir over gentle heat until melted, or microwave. Mix soda with boiling water, add to melted butter mixture, and stir into dry ingredients.

Shape level tablespoons of mixture into balls and flatten slightly. Place on greased oven trays; allow room for spreading. Bake 15-20 minutes. Loosen on trays while warm, then cool on wire rack.

Makes approx 25. If you like them a bit soft and chewy use less baking soda.

ANZAC Biscuit History

ANZAC was the name given to the Australian and New Zealand Army Corps soldiers who landed on the Gallipoli Peninsula in Turkey early on the morning of 25 April 1915 during the First World War (1914-1918).

According to the Australian War memorial encyclopedia, during World War 1, the wives, mothers and girlfriends of the Australian soldiers were concerned for the nutritional value of the food being supplied to their men. Here was a problem. Any food they sent to the fighting men had to be carried in the ships of the Merchant Navy. Most of these were lucky to maintain a speed of ten knots (18.5 kilometers per hour). Most had no refrigerated facilities, so any food sent had to be able to remain edible after periods in excess of two months. A body of women came up with the answer - a biscuit with all the nutritional value possible. The basis was a Scottish recipe using rolled oats. The ingredients they used were: rolled oats, sugar, plain flour, coconut, butter, golden syrup or treacle, bi-carbonate of soda and boiling water. All these items did not readily spoil. At first the biscuits were called Soldiers' Biscuits, but after the landing on Gallipoli, they were renamed ANZAC Biscuits.

As the war drew on, many groups like the CWA (Country Women's Association), church groups, schools and other women's organisations devoted a great deal of time to the making of ANZAC biscuits. To ensure that the biscuits remained crisp, they were packed in used tins, such as Billy Tea tins.



PORTRAIT OF 2ND LIEUTENANT R.B. COULTER, 27TH BATTALION, DIED OF WOUNDS 1917-10-16.

Reginald Bruce Coulter, Rosies great uncle on her fathers side. He was one of the many ANZACS fought at Gallipoli in Turkey.
He died of wounds in Villiers Bretonneux in France shortly before his 20th birthday.

