

ANZAC tile/wafer recipe Acquired from Australian War Memorial documents.

The army biscuit, also known as an ANZAC wafer or ANZAC tile, is essentially a long shelf life, hard tack biscuit, eaten as a substitute for bread. Unlike bread, though, the biscuits are very, very hard. Some soldiers preferred to grind them up and eat as porridge.

The following recipe has been supplied courtesy of **Arnott's Biscuits Limited**, through Frank Townsend, Chief Chemist. Originally, the biscuits were baked in large industrial ovens but the recipe has been altered so that one can bake them in a domestic oven.

Ingredients sufficient for six biscuits:

200 gm / 1.5 cups / 300 mls flour

400 gm / 3 cups / 600 mls wholemeal flour

40 gm / 5 tablespoons sugar

20 gm / 3 tablespoons milk powder

1.5 gm / good pinch salt

220 mls water

Use self-raising flours. If self-raising flours are not available, sieve 10 grams of baking powder together with plain flour before adding other ingredients.

Method

Place flour, sugar, and milk powder in a large bowl and blend with finger tips. **Form into** pile and scoop out a hole (well) in the centre. **Add all** of the water in which the salt has been dissolved. **Thoroughly work** the flour from the inside of the well into the water until the whole is a mass of lumps of flour and water. **Once the** dough is formed, transfer it to a table top or pastry board. **The dough** should now be torn apart, rubbed into balls, and thrown together, and the process repeated until the mass is well mixed and in the form of a hard dough. **The dough** is then rested for about half an hour. **Now roll** the dough in 8 mm thick sheets using a rolling pin and two 8 mm thick guides (wooden slats are ideal), the dough being rolled down between the two guides until the rolling pin rests on the guides during each traverse.

The rolled sheet of dough is then cut into 90 mm squares, preferably by pressing with the edge of a steel rule rather than slicing with a knife. **The pressing** action helps to join the top and bottom surfaces and will improve the lift on baking. **A cardboard** square, 90 mm on each side, can be used as a pattern to ensure uniformity in your tiles.

Next, the biscuit squares should be docked by having a regular horizontal and vertical pattern of holes pushed into them at about 18 mm spaces with a flat ended pin or rod. **Push it** in until it bottoms, twist slightly, and then withdraw. **Repeat at** the next position. **Each biscuit** should have five vertical and five horizontal rows of docker holes, 25 holes in all. **There are** those at the Memorial who argue for 49 holes (7 x 7) as the authentic number of docker holes.

Place on a lightly greased steel baking sheet, with the biscuits about 6 mm apart, and form a wall around the load with scrap dough to avoid burning the edges of the biscuits. **Bake at** about 200 degrees centigrade for 30 to 40 minutes on a low shelf in the oven. **Take care** not to burn them. **To achieve** a suitable hardness in your biscuits, store for a time in an air-tight container.

Anzac Biscuit (popular recipe) Acquired from Australian War Memorial documents.

The popular ANZAC biscuit is a traditional, eggless sweet biscuit.

The following is a original recipe provided by Bob Lawson, an ANZAC present at the Gallipoli landing.

Ingredients

1 cup each of plain flour, sugar, rolled oats, and coconut

4 oz butter

1 tablespoon treacle (golden syrup)

2 tablespoons boiling water

1 teaspoon bicarbonate soda (add a little more water if mixture is too dry)

Method

Grease biscuit tray and pre-heat oven to 180°C.

Combine dry ingredients.

Melt together butter and golden syrup. Combine water and bicarbonate soda, and add to butter mixture.

Mix butter mixture and dry ingredients.

Drop teaspoons of mixture onto tray, allowing room for spreading.

Bake for 10 to 15 minutes or until golden.

Allow to cool on tray for a few minutes before transferring to cooling racks.

Anzac Biscuit

A traditional Australian biscuit made from Rolled Oats and Golden Syrup. While variations on this classic recipe exist, its simplicity is its hallmark. The association with the Australian and New Zealand Army Corps goes back to 1917 when the recipe was first recorded. The biscuits are also known simply as **Anzacs**.

Here is a recipe from 1923: Acquired from Australian War Memorial documents.

2 breakfast cups John Bull oats,

1/2 breakfast cup sugar,

1 scant cup plain flour, (scant just barely full not packed)

1/2 cup melted butter,

1 tablespoon golden syrup,

2 ditto. boiling water,

1 teaspoon bicarbonate soda.

Preparation method

Mix butter, golden syrup and soda together,

Pour boiling water on,

Then add dry ingredients.

Put on oven sheet or scone tray with teaspoon.

Slow oven till browned.



Golden Syrup: Ingredients Cane Sugar and Water

Golden syrup is a popular sweetener in the UK (US Steens Cane Syrup), resembling Honey in appearance, though more similar to Corn Syrup in its pouring ability. It is sometimes called light Treacle and is an essential ingredient in the popular UK dessert, treacle tart. Golden syrup may also be used as a topping for hot cereal or for pancakes.

Golden syrup is made from sugar cane juice, which is evaporated to produce the flavour and texture of the syrup. Some call golden syrup nutty in flavour, and many praise its light yellow colour. Often people feel it is sweeter than sugar. Using it as a sugar substitute should mean using a lesser amount.

Unlike the crystallized form of table sugar, golden syrup is primarily composed of sucrose, fructose, and glucose. This makes it easy to store without worrying that sudden cold temperatures in the house will cause hardness or crystallization of the syrup.

The US has a brand Steens Cane Syrup. Sometimes golden syrup and corn syrup may be mixed to make artificial maple syrup. Most often one has to get brands from the UK or Australia by mail order or Internet order. International food stores may carry golden syrup and may be the best bet for finding it close to home.

Anzac Biscuit with Ginger

Ingredients

Serves: **12**

1/2 teaspoon bicarbonate of soda

1 tablespoon boiling water

2 tablespoons golden syrup

125g butter

1 cup (90g) rolled oats

1 cup(125g) plain flour

1/2 cup (90g) brown sugar

1 cup desiccated coconut

1 teaspoon ground ginger

Preparation method

Prep: 10 minutes | Cook: 15 minutes

Preheat oven to 180 degrees C. Grease 2 large baking trays.

Melt butter and golden syrup in saucepan on low heat; In a small cup, dissolve bicarbonate of soda in boiling water. Add dissolved bicarbonate.

Combine dry ingredients in a large bowl, make a well in centre. Pour melted butter mixture into the well, stir to combine. Do not stir too much or mixture may become gluey.

Place rounded, slightly flattened spoonfuls on the greased trays.

Bake for 10-15 minutes or until golden brown.

Cool on a wire rack slightly before serving.

Anzac Biscuits with Macadamias

Ingredients

Serves: **30**

¾ cup plain flour

1 ½ cups rolled oats ¾ cup white sugar

½ cup desiccated coconut

½ cup chopped and toasted macadamias

2 tablespoons water

1 tablespoon golden syrup

1 teaspoon baking soda

125 g butter

Preparation method

Prep: 10 minutes | Cook: 15 minutes

Preheat oven to 160 degrees C. Lightly grease a biscuit tray.

In a medium bowl mix the flour, rolled oats, sugar, coconut and macadamia nuts.

In a small saucepan combine the water, golden syrup and baking soda. Bring to a boil, then stir in the butter. When butter is melted set aside to cool for 5 minutes, then stir into the flour mixture with a wooden spoon.

Place tablespoons of dough onto the prepared biscuit tray and flatten slightly with the back of the spoon. Leave about 3cm between each biscuit.

Bake for 12 minutes for chewy biscuits, 15 minutes for crunchy. Remove from the baking sheet to cool on wire racks.

Anzac Biscuits with Coconut

Ingredients

Serves: 24

1 cup rolled oats

1 cup plain flour

3/4 cup white sugar

3/4 cup desiccated coconut

125 g butter

1 tablespoon golden syrup

1 teaspoon baking soda

2 tablespoons boiling water

Preparation method

Prep: 10 minutes | Cook: 15 minutes | Extra time: 5 minutes

Preheat oven to 180 degrees C.

Grease a biscuit tray.

Mix oats, flour, sugar and coconut together.

In a small saucepan over low heat, melt the syrup and butter together.

Mix the soda and the boiling water and add to the melted butter and syrup.

Add butter mixture to the dry ingredients.

Drop the mixture by teaspoons on greased biscuit tray.

Bake for 12-15 minutes.

Anzac Biscuits with Wattle Seeds (from Australian Wattle Tree)

Ingredients

Serves: 24

1 ½ cup rolled oats

1 cup plain flour

½ cup white sugar

2 tablespoons (30g) ground Wattle Seed

½ cup desiccated coconut

125g butter

1 tablespoon boiling water

2 tablespoons golden syrup

1 teaspoon bicarbonate of soda

Preparation method

Prep: 15 minutes | Cook: 15 minutes

Preheat oven to 160 degrees C.

Mix together the oats, flour, wattle seed, sugar and coconut.

In a saucepan, melt the butter and butter and golden syrup over a low heat, stirring until combined.

Mix water and baking soda in a cup and add to melted butter mixture. Add all of this to the dry ingredients.

Take teaspoonfuls of mixture and place on lightly greased biscuit tray flattening them a little with a fork.

Leave 3cm for the biscuits to spread.

Cook for 15 minutes, then remove from oven and cool on wire racks.

Anzac Biscuits (Chewy)

Ingredients

1 cup plain flour
1 cup rolled oats
1 cup desiccated coconut
3/4 cup brown sugar
125g butter
2 tablespoons golden syrup
1 tsp bicarbonate of soda



Method

Preheat oven to 160 degrees. Use 2 non-stick baking trays, or line them with non-stick baking paper.

Sift flour into a large bowl, add the oats, coconut and brown sugar. Stir together.

In a small saucepan, melt the butter, golden syrup and 2 tablespoons of water together over a medium heat until melted. Remove from heat. Stir in the bicarbonate of soda. The liquid should froth up a bit.

Pour the butter mixture into the flour mixture and stir until combined.

Roll level tablespoons of the mixture into balls and place on trays about 5cm apart (to allow for them spreading). Press with a fork lightly to flatten slightly.

Do not worry if you have some left over dry mixture in the bottom of the bowl, just dispose of that.

Bake for 10 mins or until golden brown.

Remove from oven and allow to stand on trays for 5 minutes, before transferring to a wire rack to cool completely.

Store in an airtight container for up to 2 weeks. Can also be frozen.

Note: when these are removed from the oven they will still be soft, but they do harden up a bit on the tray. They are cooked if they are golden.

Anzac Biscuits (Soft)

Ingredients

Serves: 12

125 grams butter, chopped

2 tablespoons golden syrup

1 cup self raising flour

3/4 cup firmly packed brown sugar

3/4 cup quick cooking oats (rolled oats)

Preparation method

Prep: 10 minutes | Cook: 15 minutes

Preheat the oven to 180C / 160C fan forced.

Line 3 baking trays with baking paper.

Combine the butter and syrup in a small saucepan over moderate heat.

Cook and stir for 2-3 minutes or until melted. Cool slightly.

Bake for 10-12 minutes, swapping trays halfway through, or until golden.

Cool on trays.

Anzac Biscuits (Hard) with Weetbix

Ingredients

Serves: 12

1 Cup rolled oats

1 Cup unprocessed bran

½ Cup brown sugar

½ Cup wholemeal flour

1½ Weetbix biscuits

110g Butter

2 Tablespoons Golden Syrup (be generous if you like them softer)

2 Tablespoons Treacle (be generous if you like them softer)

1 Teaspoon Bicarbonate soda

1/2 Teaspoon sea salt

Preparation method

Prep: 10 minutes | Cook: 15 minutes

Preheat oven to 160 degrees C

Heat butter, golden syrup, treacle in microwave or on stove till butter is melted and combine.

Combine all dry ingredients and mix thoroughly. Add wet ingredients to the dry ingredients and combine thoroughly.

Spoon into biscuit sized shapes on a greased baking tray. (or press into small greased tin if you want more of a slice. Bake for 15 minutes.

Remove tray from oven and allow to set for a few minutes, then transfer to a cooling rack to set completely. If doing the slice version, make sure you cut it before it sets (it can go rock hard).

Anzac Biscuits Classic with Coconut

Ingredients

Serves: 20

1 cup plain flour

2/3 cup sugar

1 cup rolled oats

1 cup coconut

125g butter

1/4 cup golden syrup

1/2 tsp bicarbonate soda

1 tablespoon boiling water

Preparation method

Prep: 20 minutes | Cook: 20 minutes

Preheat oven to 180C.

Sift flour and sugar into large mixing bowl, add oats and coconut.

Combine butter and golden syrup in a small saucepan, stir over low heat until butter has melted.

Dissolve soda in water and add immediately to butter mixture, it will foam up instantly.

Add butter mixture to dry ingredients. Mix well.

Roll walnut sized balls of mixture and place onto a baking tray, press slightly to flatten.

Bake 20 mins.

Anzacs with Dried Fruit and Coconut

Ingredients

Serves: 25

2 Cups rolled oats

2 Cups coconut

2 Cups plain flour

1 Cup raw sugar

1/2 Cup dried cranberries

1/2 Cup dried apricots (sliced thinly)

1/2 Cup dried peaches or other fruit

3/4 Cup toasted sunflower seeds

1/4 Cup toasted sesame seeds

285g Melted butter

170g Golden Syrup

2 Teaspoons baking soda

4 Tablespoons boiling water

Preparation method

Prep: 20 minutes | Cook: 15 minutes

Mix all dry ingredients together in a very large pan or bowl.

Melt butter and golden syrup together in a pot until just boiling.

Blend the baking soda with the boiling water, stirring to dissolve.

Remove butter mixture from the heat and add the soda mix. Stir gently, and add to the dry ingredients.

Blend in well with a wooden spoon, and then use your hands to mix in completely.

Mould mixture into large tablespoon sized balls. It is important to really squeeze the mixture into a firm ball to ensure a firm biscuit that will not crumble & fall apart after

Flatten the balls slightly on the baking tray keeping their round shape.

These keep really well in an airtight container.

Anzac Biscuits with Apricot and Coconut

Ingredients

Serves: 15

150g margarine

2 Tablespoons golden syrup

1 Teaspoon bicarbonate soda

2 Teaspoons boiling water

2 Cups Oates

1 Cup plain flour

3/4 Cup raw sugar

1/2 Cup desiccated coconut

3/4 Cup dried apricot, diced

Preparation method

Prep: 10 minutes | Cook: 15 minutes

Preheat oven to 180 degrees C. Melt margarine and golden syrup in microwave.

Dissolve bicarbonate in boiling water.

Mix dry ingredients in large bowl.

Add the water to melted margarine, then add to dry ingredients. Mix till combined.

Bake in preheated oven for approx 15 minutes (don't over cook).

Anzac Biscuits Gluten Free

Ingredients

Makes: 30 Biscuits

1 Cup gluten free rolled oats

1/2 Cup white rice flour

1/2 Cup brown rice flour

1/4 Cup organic shredded coconut

1 Cup organic coconut sugar

125 Grams organic butter

4 Tablespoon maple syrup

1/2 Teaspoon bicarbonate soda

1 Tablespoon boiling water

Preparation method

Prep: 5 minutes | Cook: 20 minutes

In the large mixing bowl or mixer combine oats, sifted flour, coconut sugar and coconut.

In a small saucepan, combine the butter and maple syrup, and stir over a gentle heat until melted.

Mix the bicarbonate soda with the boiling water in small bowl and add it into the melted butter mixture.

Stir the butter mixture into the dry ingredients. Lightly grease two oven trays.

Place tablespoons of the mixture onto the oven trays; allowing room for spreading.

Cook in a slow oven for 20 minutes at 150 C

Loosen while warm then cool on racks.

Anzac Biscuits with Almonds

Ingredients

Serves: 50

2 Cups quick cooking oats

1 3/4 Cups plain flour

1/2 Cup sliced almonds

1 Cup white sugar

250g Melted butter

1 Teaspoon baking soda

2 Tablespoons golden syrup

2 Tablespoons boiling water

Preparation method

Prep: 15 minutes | Cook: 15 minutes

Preheat oven to 180 degrees C. Grease biscuit tray/s.

In a medium bowl, stir together the rolled oats, flour, almonds and sugar.

In a small saucepan over medium heat, melt butter.

When butter has melted, remove from heat and stir in baking soda, golden syrup and boiling water.

Stir the warm mixture into the dry ingredients and mix well.

Roll the dough into walnut sized balls. Place the dough 3cm apart on the biscuit tray and flatten slightly.

Bake in the preheated oven 15 to 18 minutes, until golden. Remove from tray to cool on wire racks.

Anzac Biscuits (Giant)

Makes 8

Ingredients

1 cup plain flour

1 cup rolled oats

1 cup desiccated coconut

3/4 cup brown sugar

125g butter, chopped

2 tablespoons golden syrup

1 teaspoon bicarbonate of soda

Method

Preheat oven to 180°C. Line 2 baking trays with non-stick baking paper. Sift flour into a large bowl. Stir in oats, coconut and sugar.

Place butter and golden syrup in a small saucepan over medium-low heat. Stir until melted. Remove from heat. Combine bicarbonate of soda and 2 tablespoons water in a small bowl. Stir into golden syrup mixture (mixture might become frothy). Add immediately to flour mixture and stir until well combined.

Roll mixture, 1/4 cup at a time, into balls. Place 4 biscuits on each baking tray. Flatten to about 12cm or (5 inch diameter) round, allowing room for biscuits to spread. Bake for 15 to 18 minutes, swapping trays after 10 minutes, or until biscuits are golden. Allow biscuits to cool completely on trays. Serve.

Notes

You can store Anzac biscuits in an airtight container for up to 3 days. These are crisp Anzac biscuits. If you prefer them chewy, flatten biscuits to 10cm (diameter) rounds and reduce cooking time by 1 to 2 minutes.

Anzac Biscuits (Vegan)

Ingredients:

1 cup flour

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

1 cup oats

1 cup coconut

$\frac{1}{2}$ cup oil

1 tablespoon golden syrup

$\frac{1}{2}$ teaspoon baking soda

2 tablespoon boiling water

Directions:

Mix flour, sugar, coconut, oats.

Melt oil and golden syrup together.

Dissolve baking soda in water and add to oil mixture. Make a well in flour and stir in liquid.

Place spoonfuls on a greased oven tray. Bake 15-20 minutes at 180C/ 350F.

Comments:

Anzac biscuits are a traditional type of biscuit (cookie) eaten in New Zealand and Australia. In America you could use Treacle instead.

Anzac Biscuit (Low Fat)

Ingredients:

Cooking Time: 20 minutes Serves:30

1 1/2 cups (135g) traditional rolled oats

1 cup (150g) wholemeal or white plain flour

1/2 cup (100g) caster or raw sugar

1/2 cup (45g) light desiccated coconut

3 tablespoons (60g) golden syrup

4 tablespoons (80g) reduced fat canola or polyunsaturated spread (dairy free spread can be used)

1/2 teaspoon coconut essence

1 teaspoon bicarbonate of soda

2 tablespoons boiling water

Preparation:10 minutes

Method:

Preheat the oven to 150°C. In a large bowl combine oats, flour, sugar and coconut and mix well.

Combine syrup and reduced fat spread in a small saucepan and stir over a low heat until melted and runny. Add coconut essence. Combine soda and boiling water in a small bowl or cup and stir through the golden syrup mixture immediately.

Stir the warm wet mixture through the dry ingredients and combine well.

Roll two teaspoons of the mixture into small balls and place 4 to 5 cm (2 inches) apart on a greased baking tray.

Press down lightly on each biscuit with the back of a spoon to flatten a little. Bake for 18 minutes or until golden brown. With a spatula or bread and butter knife separate the biscuits from the tray while still warm to prevent sticking. Cool on trays.

Tip:

If you want a chewier Anzac biscuit try lining the baking trays with baking paper first. To make rolling the biscuits easier be sure to use slightly wet hands.

Biscuits can be stored for 3 to 4 days in an air tight container. A teaspoon of cinnamon or ground ginger is also a good way to vary this old fashioned Aussie favourite.

For a wheat free biscuit try substituting a gluten free flour.

Diggers (English)

These deliciously chewy teatime treats will keep for up to a week in an airtight container.

(A variation of the Australian ANZAC biscuit)

Ingredients

120g/4½oz plain flour

225g/8oz caster sugar

100g/3½oz oats

85g/3oz desiccated coconut

125g/4½oz butter,

plus extra for greasing

1 tbsp golden syrup

1 level tsp bicarbonate of soda

2 tbsp boiling water



Preparation method

Preheat the oven to 170C/325F/Gas 3. Grease a 20cm/8in square tin

Mix the flour, sugar, oats and coconut together in a large mixing bowl.

Put the butter in a small pan with the golden syrup and heat gently until melted. Mix the bicarbonate of soda with the boiling water and add this to the butter and syrup mixture.

Pour the liquid over the dry ingredients and mix well. Tip the mixture into tin and press down.

Bake in the preheated oven for 20 minutes or until golden-brown then let cool for a few minutes before cutting into slices. Alternatively, shape the mixture into cookies and place them on a greased baking tray. Cook for 10–15 minutes or until golden-brown.

Yorkshire Parkin (English) (Method 1)

A classic Yorkshire ginger cake - a perfect accompaniment with a cup of tea.

Ingredients

225g/8oz self raising flour

110g/4oz caster sugar

1 tsp ground ginger

1 tsp bicarbonate of soda

1 egg

200ml/7fl oz milk

55g/2oz butter

110g/4oz golden syrup

Preparation method

Preheat the oven to 150C/300F/Gas 2. Line a 22cm/8in tin.

Sieve the flour, sugar, ginger and bicarbonate of soda into a large bowl.

In a small pan gently heat the butter and syrup until melted.

Beat the egg into the milk.

Gradually pour the butter and syrup into the flour and stir. The mixture will be thick.

Pour in the egg and milk and stir until smooth and pour into the lined tin.

Bake for 1 hour

Yorkshire Parkin (English) (Method 2)

Ingredients

350g/12oz medium oatmeal

175g/6oz self raising flour

2 tsp ground ginger

175g/6oz soft brown sugar

175g/6oz butter

250g/9fl oz golden syrup

50g/2oz black treacle

2 free-range eggs

110ml/4oz milk

Preparation method

Preheat the oven to 150C/300F/Gas 2 and line a small, deep baking tray with parchment paper.

Combine the oatmeal, flour and ginger in a large mixing bowl.

Melt the sugar, butter, syrup and treacle in a bowl in the microwave or in a saucepan over a low heat. Pour the melted ingredients into the flour with the eggs and milk and stir well.

Pour the mixture into the prepared baking tray.

Bake for 45 minutes until golden brown, but still soft and sticky on top. Reduce the oven to 130C/250F/Gas 1 and bake for a further 30 minutes until firm to the touch.

Allow to cool, before tightly wrapping in cling film. Store for at least three to five days to mature.