THE **OLDEST** ANZAC BISCUIT RECIPE pre 1920

Makes 26 – 30 biscuits – without coconut

INGREDIENTS

- 2 cups rolled oats
- 1 cup plain flour
- ½ cup granulated sugar
- 125g butter
- 2 tablespoons (generous) of golden syrup
- 1 teaspoon bicarbonate of soda
- 2 tablespoons boiling water

METHOD

Pre-set oven to 170C / 150C Fan Forced / Gas 3. Line two baking sheets with baking paper or lightly oil.

Mix together oats, flour and sugar in a large bowl. Melt butter in a large pan over medium heat, add golden syrup, stir till dissolved. Bring gently to boiling point then remove pan from heat. Mix boiling water and bicarbonate of soda and stir until dissolved. Add this to the hot melted mixture and stir till it froths up the pan. Carefully add the frothy mixture to the dry ingredients and mix well. If a little dry add 1⁄2 tablespoon extra water to help bind it together.

Take a flat dessertspoon of mixture, roll into a ball. Place balls on baking tray 5 cm apart (the biscuits will spread). Press biscuits down using a fork, the back of a spoon, or the bottom of a cup measure. Bake. After 15 minutes take trays (1 tray at a time) out of the oven and press biscuits flat again. Return trays to the oven and continue baking for a further 3–4 minutes or until golden (they will still be soft.)

Leave the biscuits on the trays for 5 minutes before transferring them to a cooling rack. When the biscuits are cold store them in an air-tight tin.

ALLISON'S TIPS

- To make measuring easy, warm golden syrup tin in a bowl of hot water, and dip tablespoon in hot water.
- It is important to use a levelled cup measure for the oats and flour, or the biscuits will be dry.
- Flattening the biscuits towards the end of the baking process is not essential, but improves the appearance.

This is based on the recipe that was discovered in Carole Moore's family recipe book, compiled before 1920. Allison has changed the golden syrup quantity to reflect the fact that the tablespoon measure we use now is smaller than the spoons used then.