



## ANZAC BISCUITS

### INGREDIENTS.—

- |                               |                           |
|-------------------------------|---------------------------|
| 1 cup rolled oats.            | 1 cup sugar.              |
| $\frac{3}{4}$ cup cocoanut.   | $\frac{1}{2}$ cup butter. |
| 1 cup flour.                  | 1 tablespoon golden syrup |
| 1 teaspoon carbonate of soda. |                           |
| 2 tablespoons boiling water.  |                           |

### METHOD.—

1. Mix oats, flour, sugar and cocoanut together.
2. Melt syrup and butter together.
3. Mix soda with boiling water and add to melted

Sections: -- ANZAC Name -- RSL Badge Symbolism -- The Biscuit -- The Recipe

== ANZAC Name ==

"ANZAC Day, 25 April, marks the anniversary of the first major military action fought by Australian and New Zealand forces during the First World War. Those Soldiers became known as ANZACs (Australian and New Zealand Army Corps). The pride they soon took in that name endures to this day."  
(RSL 2024 Diary, page 4)

## == RSL Badge Symbolism ==

- 1) Crown - Allegiance to royalty and loyalty to the monarch, nation and the RSL.
- 2) Shield - Protection that the RSL gives it's members, widows, orphans and dependants of those who paid the supreme sacrifice.
- 3) Figures - Youthful forces are marching shoulder to shoulder and are in step with each other that reflect a combined determination and unity of purpose.
- 4) Circle - An unbroken continuity of purpose.
- 5) Colours
  - Red - blood-tie that exists between comrades,
  - White - purity of thought, motive and purpose to render service without thought of personal gain or ambition,
  - Blue - willingness to render that service to a comrade anywhere under the blue sky.
- 6) Spring of Wattle - national floral emblem of Australia.
- 7) Rose, Leek, Thistle & Shamrock - emblems of England, Wales, Scotland and Ireland and that represent them.  
(RSL 2024 Diary, page 7-8)

## == The Biscuit ==

"It has been claimed that these biscuits were sent by wives and women's groups to soldiers abroad because the ingredients did not spoil easily and the biscuits kept well during naval transportation."

(Wiki: [https://en.wikipedia.org/wiki/Anzac\\_biscuit](https://en.wikipedia.org/wiki/Anzac_biscuit))

## == The Recipe ==

### Ingredients

1 cup rolled oats  
1 cup plain flour  
1/2 cup sugar (can use brown sugar)  
3/4 cup desiccated coconut  
2 tablespoons golden syrup  
125g butter or margarine  
1/2 tsp bicarb soda  
1.5 tablespoon boiling water  
pinch of salt

### Instructions

- 1) Preheat oven to 180C. Line 2 baking trays with baking paper.
- 2) Place the flour, coconut, rolled oats, sugar and a pinch of salt in a large bowl and stir with a wooden spoon to combine.

3) Place the butter and golden syrup in a small saucepan over low heat and cook, stirring occasionally, for 3 mins or until butter is melted (or microwave). Set aside for 5 mins to cool slightly.

4) Combine 1 1/2 tbs boiling water and the bicarbonate of soda in a small bowl. Add to the oat mixture along with the butter mixture. Stir until well combined.

5) Roll tablespoonfuls of the mixture into balls and place on the lined trays, allowing space for spreading. Gently press each ball to flatten slightly. Bake for 15 mins for crisp biscuits. Set aside on the trays to cool completely. The biscuits will harden as they cool.

(1937 edition of The Commonsense Cookery Book.)

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