



## Macadamia, Cranberry and Pepita ANZAC Biscuits

Makes approximately 20 biscuits

We love the classic Anzac biscuit recipe and its history, but thought a 'nut, fruit and seed' variation would be a lovely way to celebrate this year's Anzac Day, enjoy!

### TASTE OF ANZAC FACT

Interestingly the history of the Anzac biscuit is highly contested and both Australia and New Zealand claim to have invented it.

What appears to be fact, is that during World War 1, wives, mothers and girlfriends were concerned about the nutritional value of the food being supplied to their men folk fighting overseas. Any food sent to the men, had to be carried in the ships of the Merchant Navy, these boats had no refrigeration and any food sent had to be able to remain edible for periods in excess of two months.

A body of women came up with the answer, a biscuit very similar to the one we know today, that used ingredients that did not readily spoil and included the highly nutritional ingredient of 'rolled oats'.

At first the biscuit was called 'Soldiers Biscuit' or 'Rolled Oats Biscuit' but the biscuit gradually gained its current name after Australian and New Zealand soldiers first fought together under the now legendary ANZAC name in the 1915 Gallipoli Campaign.

### INGREDIENTS

- As required - Spray Oil
- As required Baking Paper
- 90gm Rolled Oats
- 150gm Plain Flour
- 200gm Brown Sugar
- 40gm Desiccated Coconut
- 50gm Dried Cranberries
- 50gm Unsalted Macadamia Nuts - roughly chop.
- 15gm Pepitas (pumpkin seeds)
- 30ml Water - hot.
- ½ tsp Bicarbonate of Soda
- 125gm Unsalted Butter
- 2tbs Golden Syrup

### METHOD

1. Pre-heat an oven to a moderate temperature - 160°C.
2. Lightly spray oil and line with baking paper the required number of baking trays.
3. Add to a mixing bowl the rolled oats, plain flour, brown sugar, desiccated coconut, dried cranberries, macadamia nuts and pepitas, then mix until that are thoroughly combined and set to one side.
4. Add to a second mixing bowl the hot water and bicarbonate of soda, mix until the bicarbonate of soda has dissolved and completely combined, then set to one side.
5. Heat a saucepan over a moderate heat, add the butter and golden syrup and continue to stir until the butter has melted and completely combined with the golden syrup.
6. Add the bicarbonate of soda to the butter and golden syrup mixture and stir until combined, then remove from the heat.



8. Add the butter and golden syrup mixture to the dry mixture and mix until all of the ingredients have been thoroughly combined.

9. With clean, lightly oiled hands, take walnut (in shell) size pieces of the mixture and shape into balls. Place onto the prepared baking tray and gently press to slightly flatten. Repeat with the remainder of the mixture, allowing sufficient room (approximately 2cm) between each biscuit for the mixture to spread whilst baking. Place the tray/s into the oven and bake for 15 minutes or until the biscuits are both a light golden brown in colour and firm to touch, then remove from the oven and allow to cool for 5 minutes.

10. Remove the biscuits from the baking tray and place on a cooling rack and allow to cool to room temperature and crisp up.

### **TO SERVE**

Neatly arrange the biscuits on a serving board or platter for guests to help themselves.