

ADELAIDE LIVING

A city designed for life



FREE RECIPE

CWA ANZAC BISCUIT

Anzac biscuits sit beside lamingtons and pavlova in the line-up of iconic Australian and New Zealand foods. Making them well is an art, so we consulted the experts – the Country Women's Association.

Emma de Courcy-Ireland, the president of the CWA North Adelaide and Bowden branch, generously shares her family recipe with Adelaide Living.



CITY OF
ADELAIDE

SERVES
PREPARATION TIME
COOKING TIME

APPROXIMATELY 35 BISCUITS
20 MINUTES
20 MINUTES

CWA ANZAC BISCUIT

1 cup rolled oats
1 cup plain flour (sifted)
1 cup white sugar (half cup white and half cup brown will give a good snap if that is desired)
3/4 cup desiccated coconut
125 g butter (melted)
2 tablespoons golden syrup
1/2 teaspoon bicarbonate of soda
1 tablespoon boiling water

ABOUT THE CWA

The SA Country Women's Association are a group of women from all walks and stages of life, who share the values of 'Sharing and Caring with Action'. They regularly organise and participate in community fairs and activities and fund-raise by selling craft and food items.

The North Adelaide and Bowden Branch of the SACWA meetings are held at 6:00 pm on the First Tuesday of the month at the North Adelaide Community Centre, Tynte St, North Adelaide. You can find more information about the SACWA, including where to find a Branch near you, on their website.

METHOD

1. Pre-heat oven to 160 degrees celcius and line trays with baking paper.
2. In a bowl mix together the dry ingredients – rolled oats, flour, sugar and coconut.
3. Into a saucepan, place the butter, golden syrup, bicarb soda and water. Stir and heat to boiling point.
4. Add the melted ingredients into the dry ingredients and mix thoroughly.
5. Roll tablespoon sized balls (32g if you want to be specific) in your hands and place on lined baking trays.
6. Cook for 15-20 minutes until light golden. Allow to cool on tray.

