



Anzac biscuits were named after the Australia and New Zealand Army Corps or ANZACs as they were known in World War One. They were a popular item for wives and patriotic women's groups to send to troops for they didn't spoil on the long sea journey to troops serving abroad.

This recipe has been given a World War Two twist with the addition of carrots, and some extra depth with rosemary and poppy seeds.

Season: In time for Anzac Day (25th April)
From the garden: Carrots, rosemary
Type: Snack
Difficulty: Medium
Country of origin: New Zealand
Serves: 30 biscuits (large) - 48 regular size

Equipment

- Scales
- Chopping board
- Knife
- Grater
- Measuring cups
- Measuring spoons
- Large saucepan
- Wooden spoon
- Metal spoons
- Baking trays
- Baking paper

Ingredients

- 250 grams butter
- ¾ cup golden syrup
- 1 ½ cups sugar
- 1 teaspoon baking soda
- ¼ cup warm water
- 2 cups rolled oats
- 2 cups desiccated coconut
- 2 cups flour
- 1 large carrot, grated
- 1 Tablespoon poppy seeds
- 1 Tablespoon rosemary leaves

How to make it

1. Preheat the oven to 180°C. (170° fan forced)
2. Chop the rosemary. Grate the carrot.
3. Melt the butter, golden syrup and sugar in a large saucepan until the sugar has dissolved.
4. Stir in the water with the wooden spoon, then mix in all of the other ingredients until combined.
5. Using two metal spoons, drop spoonfuls of batter onto the lined baking trays and flatten each biscuit to less than 1cm so that they cook evenly.
6. Bake for 20-25 minutes until golden brown. (approx 15 mins for regular size biscuits)

Notes:

- The carrot makes these biscuits moister than usual. For crunchier biscuits, turn each biscuit over for the last 5 minutes of cooking.

Skills:

● **Grating***, measuring, melting, mixing

* Grate: to reduce to small, fine pieces by rubbing against the sharp-edged holes of a grater

Carrots, rosemary and poppy seeds

During WWII the UK had an oversupply of carrots following a very successful growing campaign. To get the population to eat the surplus, the Government ran advertising campaigns that encouraged people to think that eating carrots would help them see in the dark. The campaign was also used to trick the Germans into thinking that eating carrots was how British pilots could see in the dark - helping to keep the newly discovered radar technology a secret from the enemy.

Rosemary has long been used as a symbol of remembrance. The Romans used it at funerals and it is mentioned in this way in Shakespeare's plays. It grows wild on the Gallipoli Peninsula.

After WWI poppies grew on the battlefields of France, inspiring John McCrae's poem In Flanders Fields. The poppy was adopted as the symbol of remembrance.

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You need VITAMIN



—so make room for CARROTS!

Now is the time to ensure that there will be an ample supply of fresh vegetables for the family right at your own back door. And while putting in your seeds, see that you have a good patch of carrots.

Carrots are rich in VITAMIN A—the vitamin which helps to keep our eyes keen (preventing night blindness). It builds up resistance to infection by strengthening the lining membranes of the nose, throat and lungs. It helps to make a healthy skin and prepares the way for future healthy teeth before a child is born.

Vitamin A is present also in milk, butter, eggs and liver. Butter is rationed, eggs and liver are inclined to be short at times, so we should turn to carrots for this important vitamin.

Use Carrots cooked—use them grated on salads—or give young carrots raw to the children. Try serving a green vegetable with cooked carrots, or failing this, chopped parsley.

Start planting carrots NOW, and dig your own supplies the year round.



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Hutt News, 18 October 1944, Fairfax Media