Country Of Origin

Rather than being sent to the front lines for the soldiers to eat as some people think, ANZAC biscuits were commonly eaten at galas, fêtes and other public events such as parades.

Ingredients

- 1 1/4 cups plain flour, sifted
- 1 cup rolled oats
- 1/2 cup caster sugar
- 3/4 cup desiccated coconut
- 2 tablespoons golden syrup
- 150g unsalted butter, chopped
- 1/2 teaspoon bicarb soda

Equipment

Wooden spoon
Bowl
Baking paper
Baking Tray
Table spoon
Teaspoon
Fork
Small saucepan

Method

· Step 1
Preheat oven to 170°C. Place the flour, oats, sugar and coconut in a large bowl and stir to combine.

· Step 2
In a small saucepan place the golden syrup and butter and stir over low heat until the butter has fully melted. Mix the bicarb soda with 1 1/2 tablespoons water and add to the golden syrup mixture. It will bubble whilst you are stirring together so remove from the heat.

· Step 3
Pour into the dry ingredients and mix together until fully combined. Roll teaspoons of mixture into balls and place on baking trays lined with non stick baking paper, pressing down on the tops to flatten slightly.

· Step 4
Bake for 12 minutes or until golden brown.

Teacher notes: recipe x 2 for 2 biscuits per child
Recipe Card

Banana Muffins

Makes 12 servings

Country of origin

Ingredients
- 3 cups self-raising flour
- 1 1/4 cups milk
- 1 egg, lightly beaten
- 90g vegetable oil
- 1/2 cup firmly-packed brown sugar
- 1 teaspoon ground cinnamon
- 2 small bananas, peeled, mashed

Equipment:
- Muffin tray
- Whisk for sifting
- Fork to mash Bananas
- Muffin papers
- Bowl
- Wooden spoon

Method
- **Step 1** Preheat oven to 180°C. Lightly grease a 12-hole, 1/3-cup capacity non-stick muffin pan.
- **Step 2** Sift flour into a large bowl by stirring with a whisk. Add brown sugar and cinnamon and stir to combine. Make a well in the centre. Combine milk, egg and oil in a jug. Add mashed banana with the milk mixture. Pour milk mixture into the well. Using a large metal spoon, stir until just combined (don’t over-mix).
- **Step 3** Spoon mixture into muffin holes until three-quarters full. Bake for 20 minutes or until a skewer inserted into the centre comes out clean. Allow to cool in pan for 1 minute. Turn out onto a wire rack to cool.
Blueberry Muffins

Country Of Origin

The history of blueberry muffin recipes began with the introduction of muffins in the 18th century in England. Within no time, muffins had started selling in the streets of London as a tea time snack by the muffin men. Minnesota, one of the states of USA had declared blueberry muffins as the state’s official muffins.

Ingredients

- 2 1/4 cups self-raising flour
- 90g butter, chopped
- 3/4 cup firmly packed brown sugar
- 125g fresh or frozen blueberries
- 1 cup milk
- 2 eggs, lightly beaten

Method

- Step 1
  Preheat oven to 180°C/160°C fan-forced. Grease a 12-hole, 1/3 cup-capacity muffin pan.
- Step 2
  Sift flour into a bowl. Using fingertips, rub butter into flour until mixture resembles fine breadcrumbs. Stir in sugar.
- Step 3
  Make a well in centre of flour mixture. Add blueberries, milk and egg. Gently stir until just combined. Spoon mixture into prepared holes. Bake for 25 minutes or until a skewer inserted in centre of 1 muffin comes out clean. Stand in pan for 5 minutes. Turn out onto a wire rack to cool. Serve.
Simple Vanilla Cake

Ingredients
- Melted butter, to grease
- 450g (3 cups) self-raising flour
- 150g (1 cup) plain flour
- 440g (2 cups) caster sugar
- 300g butter, cubed, at room temperature
- 310ml (1 1/4 cups) milk
- 6 eggs, at room temperature
- 3 teaspoons vanilla essence

Method
- Step 1
  Preheat oven to 140°C. Position a rack on the second lowest shelf of the oven. Brush a round 25cm (base measurement) cake pan with the melted butter to lightly grease (see Notes tab for instructions for other tin sizes). Line base and sides with non-stick baking paper.
- Step 2
  Place the self-raising flour, plain flour, sugar, butter, milk, eggs and vanilla essence in a large mixing bowl. Use an electric beater to beat on low speed for 30 seconds or until just combined. Increase the speed to high and beat for 1-2 minutes or until the mixture is thick and all the butter is incorporated. Spoon the mixture into the prepared pan and smooth the surface with the back of a spoon.
- Step 3
  Bake in preheated oven for 2 1/2 hours or until a skewer inserted into the centre of the cake comes out clean. Remove from oven and set aside for 10 minutes. Turn onto a wire rack for 2 hours or until completely cool.
VARIATIONS

**Easy vanilla butter cake in other cake pans:** For a round 20cm pan (serves 8-12), use half the cake quantity and bake at 180C for 1 hour 10 minutes; 25cm square (serves 20-25), bake at 140C for 2 hours; 80ml/ 1/3 cup capacity muffin pans, lined with paper cases, bake at 180C for 25 minutes then repeat with the remaining mixture in batches (makes about 50).

**Rich chocolate cake:** Reduce the self-raising flour to 300g (2 cups). Sift 95g (1 cup) cocoa powder and 1/2 tsp bicarbonate soda, and add with the flours. Increase the milk to 435ml (1 3/4 cups). Omit the vanilla essence. When baking, use the following times: Round 25cm pan, 2 1/2 hours at 140C; 25cm square pan (serves 20-25) 2 hours at 140C; 80ml/ 1/3 cup muffin pans for cupcakes, bake at 180C for 25 minutes, the full recipe will make about 50. For a round 20cm tin (serves 8-12), use half the cake quantity and bake at 180C for 1 hour 10 minutes.

**Orange cake:** Reduce the milk to 185ml (3/4 cup) and add with 2 tbs finely grated orange rind and 125ml (1/2 cup) orange juice. Omit vanilla essence. For cooking temperatures and times for different cake pans, see rich chocolate cake above.

**Carrot cake:** Add 1 tsp ground cinnamon with the flours. Reduce the vanilla essence to 1 tsp. Add 285g (3 cups) coarsely grated carrot and 100g roughly chopped walnuts. When baking, use the following times: Round 25cm pan (serves 15-20), 2 hours 35 minutes at 140C; 25cm square pan (serves 20-25) 2 hours 10 minutes at 140; 80ml/ 1/3 cup muffin pans for cupcakes: bake at 180C for 25 minutes, the full recipe will make about 70. For a round 20cm tin (serves 8-12), use half the cake quantity and bake at 180C for 1 1/2 hours.

**Banana cake:** Sift 1 tsp bicarbonate soda and add with the flours. Reduce the milk to 125ml (1/2 cup). Add 390g (1 1/2 cups) mashed very ripe banana with the milk. Reduce the vanilla essence to 1 tsp. For cooking temperatures and times for different tins, see carrot cake above but note that the mixture will make about 60 cupcakes.