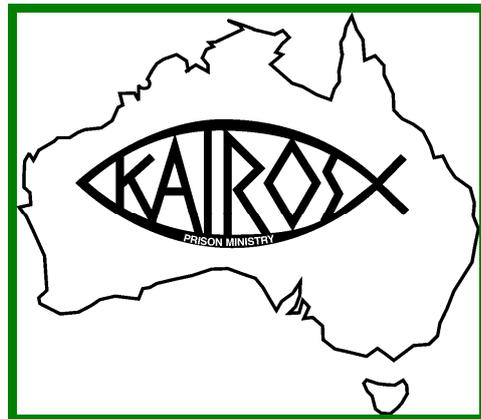


THE
*“not the
ANZAC
Biscuit”*
BOOK



“I was in prison and you visited me”
Matthew 25:36

This book has been developed to help solve the problem of “what kind of biscuits can I make” for the Kairos Short Course Agape.

The recipes are tried and true handed down recipes that are suitable for packing and transporting for short courses.

Why did we call it **THE “*not the ANZAC Biscuit*” BOOK?**

When a short course is run and biscuits are requested the response is always overwhelming – the only problem is a lot of the biscuits are “ANZAC” Biscuits and for those packing and eating them it would be great to have a little variety – hence the book.

All the profits from the sale of these books will go to help the spread of Kairos into detention centres across Australia.

Copyright does not apply to any recipes in this book

Guidelines

Receiving food of this type is a rare experience for people in prison, and is a tangible expression of love which is offered during a Kairos Short Course.

These special contributions to the ministry should be hand-made and prayed over by the outside Christian community.

For reasons of security, please do not sprinkle with icing sugar and no whole fruit, raisins or sultanas should be used.

Slices need to be pre-cut into individual servings, and should be non-crumbly as they are subject to lots of transporting.

Please pack them in clear plastic zip-type bags for ease of scrutiny

THIS IS THE BEGINNING OF A NEW DAY

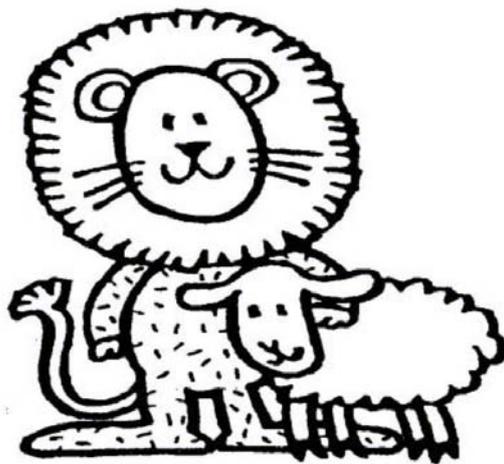
God has given me this day to use as I will, I can waste it or use it for good.

What I do today is very important, because I am exchanging a day of my life for it.

When tomorrow comes, this day will be gone forever, leaving something in its place I have traded for it.

I want it to be gain, not loss...good not evil...success not failure.

In order that I shall not forget the price I paid for it.



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APRICOT SLICE

2 cups Self Raising Flour
1 cup Coconut
1 cup chopped dried apricots
250g butter
1 ½ cup sugar

Place dry ingredients in large bowl

Melt butter and add to bowl and mix well

Press into greased lamington tin

Bake at 150° for 30 minutes

Place on rack to cool

Ice with lemon icing

when set cut into small squares

BASIC BISCUITS

125gms butter, softened
¾ cup sugar
1 teaspoon vanilla essence
1 egg
2 cups plain flour
1 teaspoon baking powder

Cream butter, sugar and vanilla together until light and fluffy. Add egg beating well. Sift flour and baking powder together and mix into creamed mixture. Roll heaped teaspoons of mixture into balls and place on an oven tray. Flatten slightly with a floured fork. Bake at 190 C for about 12 minutes or until pale golden.

BASIC BISCUIT VARIATIONS

Chocolate Biscuits: add 2 tablespoons cocoa when sifting.

Orange Biscuits: omit vanilla and add 1 tablespoon grated rind to creamed mixture.

Lemon Biscuits: omit vanilla essence and add 2 teaspoons grated lemon rind to creamed mixture.

Spice Biscuits: Add 2 teaspoons mixed spice when sifting flour.

Sultana Biscuits: Fold $\frac{1}{2}$ cup sultanas into creamed mixture.



BUTTER BUTTONS

3 ozs butter
1 cup Self Raising Flour
3tabs icing sugar
¼ tsp vanilla
1 egg yolk

Beat butter and vanilla until soft

Add icing sugar and beat until creamy

Add egg yolk and then flour

Place small balls of mixture on a greased
tray

Press each ball lightly with a fork

Bake at 180° C for 10-12 minutes or until
light brown

Place tray on a cake rack to cool

when cool remove biscuits from tray

CHOCOLATE FINGERS

1 cup Self Raising Flour
1 tbsp cocoa
1 cup coconut
4 ozs butter
 $\frac{3}{4}$ cup sugar

Mix dry ingredients in a large bowl

Add melted butter and mix well

Press mixture into a greased small oblong
tray

Bake for 30 min at 150° C

Place on cake rack

While still warm ice with chocolate icing and
sprinkle with coconut

cut into small pieces before it is cold

CHOCOLATE WALNUT FINGERS

2 cups Self Raising Flour
200g crushed walnuts
½ cup shredded coconut
1 ½ cups sugar
2 slightly heaped tbsp cocoa
250g melted butter

Mix dry ingredients together in large bowl

Add melted butter and mix well

Press into lamington tin

Bake at 180° C for 20 minutes

Turn off oven and leave for 10 minutes

Place on cake rack to cool

Ice with chocolate icing

when icing is set cut into small squares

COCONUT JAM BISCUITS

125g butter
½ cup sugar
1 egg
2 cups plain flour
1teasp baking powder
¼ cup desiccated
Jam
coconut

Cream butter and sugar

Add well beaten egg and mix well

Add coconut, sifted flour and baking powder

Roll into small balls and place on greased tray and make small well in centre of each ball

Place small amount of jam in well

Bake at 160° for approx 15 minutes or until firm to touch

place on cake rack to cool

EASY SHORTBREAD

¼ cup caster sugar
125 gms melted butter
½ cup self raising flour
¼ cup ground rice
½ cup plain flour

Sift flour and other dry ingredients into a basin, or food processor. Add melted butter and mix well. Press evenly into an 18c, sandwich tin. Mark edge with a fork and prick surface.

Cook in a moderate oven for 20 minute of until light brown.

Cut into wedges while still hot, cool in tin



Enjoy with a friend and a nice cuppa

GINGER SLICE

200g butter
200g sugar
200g plain flour
2 tsp baking powder
3tsp ground ginger
½ tsp ground cinnamon

Beat the butter and sugar until creamy
Sift flour, baking powder, ginger and
cinnamon.

Add to bowl and mix well
Press into greased lamington tin
Bake at 180°C for 25-30 minutes
Place on rack to cool

Icing:

75g butter
6tsp golden syrup
150g icing sugar
3 tsp ground ginger

Place ingredients in small saucepan
Melt over a low heat stirring continually
Pour mixture over slice while still hot

cut into slices while still warm

ICED BISCUITS

4ozs plain flour
½ tsp baking powder
2ozs butter
1 egg yolk
2ozs sugar
¼ tsp vanilla

Cream butter, sugar and vanilla

Add egg yolk

Add flour and baking powder

Roll out on floured board and cut into
desired shapes

Place on greased oven tray and bake at
180°C for

10 minutes or until light brown

Place tray on cake rack to cool

*When cool remove biscuits from tray and
ice and decorate*

*You may also decorate with melted
chocolate and nuts or cherries*

MARSHMALLOWS

2 heaped dsp gelatine
1 cup boiling water
1 ½ cups sugar
1 tsp vanilla

Dissolve gelatine in boiling water

Place sugar in large bowl

Pour dissolved gelatine over sugar

Add vanilla

Beat with an electric beater until thick and
creamy

Place into a greased lamington tray

Refrigerate until set

*Cut into small squares and roll in toasted
coconut*

PASSIONFRUIT SHORTBREADS

250 gms butter
1 egg yolk
2 cups plain flour
1 & ½ teasp baking powder
1 cup caster sugar
Pulp 3 passionfruit
½ cup conflour

Passionfruit cream

1 cup icing sugar, 1&1/2 tablespoons
passionfruit pulp, 1 tablespoon butter
Beat all ingredients together until creamy

Beat butter, sugar, egg yolk and pulp until
light and fluffy. Stir in dry ingredients. Roll
into small balls, place on a greased tray
and press lightly with a fork.

Bake in moderate oven for 15 minutes.

**When cool sandwich together with
passionfruit icing*

PEANUT BISCUITS

125g butter
1 cup brown sugar
1 egg
1 ½ cups self raising
Flour
1 cup raw peanuts
pinch salt (optional)

Cream butter and sugar

Add egg then flour and peanuts

Place in teaspoons full on greased tray

Bake at 180°C for 20 minutes

place on cake rack to cool



REMEMBER

Remember time is God's *gift* to man.

Time is *money*?

No, time is life.

Don't let the mad pace of the modern age rob you of time and life. Enjoy the glory of the sunset, the beauty of the countryside: enjoy good reading, good music and good companionship. But have time for others, and time for God. Find time to give, and not time to grab. Above all find time for a daily walk and talk with God, for if time is life, then we shall best use God's elusive gift of time by learning to live.



RICE BUBBLE SLICE

1 x 250g packet marshmallows
30g butter
3 cups rice bubbles

Place marshmallows and butter in large
microwave proof bowl

Microwave on high for 2 minutes or until
melted

Combine with rice bubbles

Place in a greased lamington tin and allow
to set

cut into fingers

SPICY CRISPS

¼ Cup butter
1 tablespoon golden syrup
½ teaspoon cinnamon
¼ teaspoon salt
2 tablespoons brown sugar
1 cup self raising flour
¼ teaspoon nutmeg

Cream butter, add sugar and syrup.

Gradually work in flour and spices.

Roll into small balls and place on greased trays. Press with a fork.

Bake in a moderate oven for 10-15 minutes and allow to cool on tray



SUNBEAMS

4 ozs butter
2 cups self rising flour
4 ozs sugar
2 eggs
Jam

Beat butter and sugar until creamy

Add eggs, then flour and mix well

Roll out on floured board to form a
rectangle

Spread with jam and roll up

Cut into thin slices and place on a greased
tray

Bake at 190°C for 15-20 minutes or until
light brown

place on cake rack to cool

TOLL HOUSE COOKIES

3 ozs butter
1 ½ cups self raising flour
3 ozs sugar
½ cup grated chocolate
1 egg

Melt butter and add sugar

Stir to dissolve sugar and allow to cool

Add egg, flour and chocolate

Mix well

Place in teaspoons full on greased tray

Bake at 180°C for 15 minutes

place on cake rack to cool

