

## Tararua Biscuits

There are many versions of the same recipe, here are some to choose from. Remember to consult your dentist before trying any of these!

### Preamble (or something)

Tararua biscuits, steeped in tradition, (nothing else would soak into them) are not haute cuisine and not for the feeble-jawed. However they were developed by an unknown tramper many years ago specifically to survive the rigours of being stashed in a Christmas trip pack for two weeks alongside crampons, billies & primuses and will generally survive well any attempted attack by 'possums, rats or other vermin. Seriously though, they are a useful item on which to base a tramping trip lunch. Spread with whatever takes your fancy. Stories of people having to use ice axes to break them should be ignored and only testify to the lack of judgement on the part of some would-be chefs ... DON'T overcook them! Recipes vary, but here's one of them:

The recipe I used in the 60s

2.5 Lb oatmeal

1.5 Lb wholemeal flour

1 Lb brown sugar

1 Lb butter

2 Table spoons treacle

Add enough water to roll out a firm dough 6 mm thick

I used to cut into circles using a glass. There are then no corners to break off! bake as per recipe 1 below.

### Here are some more

All of the recipes make about 30 biscuits per batch. For the blokes in particular, the consistency for all the recipes, before baking, should be the same as mixing concrete, that is. not too runny. To harden your biscuits leave them on the tray in the oven after you have switched the oven off. I find cutting the biscuits after they have finished baking, but before they cool down, to be the best.

### Recipe 1

Coarse creamota or oatmeal	4 oz (100 g)
White flour	8 oz (200 g)
Butter	6 oz (150 g)
Sugar	5 oz (125 g)
Salt	1/3 teaspoon
Malt extract or golden syrup	1 tablespoon

Melt butter with the syrup and rub into flour, oatmeal, sugar, and salt. Add water, a little at a time sufficient to make softish dough. Roll out and shape into biscuits. Bake in a moderate oven at about 350 degrees F (180 degrees C) for 20-30 min until golden brown.

## Recipe 2

Butter	6 oz (150 g)
Malt	2 tablespoons
Baking soda	1 teaspoon
Flour	1 breakfast cup
Rolled oats	1 breakfast cup
Oatmeal	1/2 breakfast cup
Sugar	1 breakfast cup
Salt	1/2 teaspoon
Mixed fruit and currants	

Melt together butter and malt. Add baking soda. Then add rest of ingredients. Press mixture into 2 Swiss roll tins. Bake at 350 degrees F (180 degrees C) for 30 minutes. Cut while hot, but leave in tins to cool. You can add coconut and you may omit sugar for a true Tararua biscuit.

## Recipe 3

Fine ground wholemeal flour	1 lb (500 g)
Butter	1/2 lb (250 g)
Honey	1/2 lb (250 g)

Melt butter and honey together and mix in flour to give a pastry consistency. Bake slowly for 1/2 hr until golden brown after cutting biscuits into shapes. Nuts and raisins may be added.

## Recipe 4

Brown sugar	6 oz (150 g)
Butter	4 oz (100 g)
Milk	1/8 pint (75 ml)
Wholemeal flour	12 oz (300 g)
Baking powder	1 tablespoon
Rolled oats	6 oz (150 g)
Creamota	2 oz (50 g)
Dates, ginger, spices	

Cream brown sugar and butter together. Add 1 egg and 1/8 of pint of milk. Sieve together and add the rest of the ingredients into the above. Mix thoroughly and knead until solid. Roll flat and cut into shape for convenient packing about 2 1/4" x 2 1/4" x 3/8". Bake at 350 degrees F (180 degrees C) for 45 to 60 minutes until golden brown.

1kg whole meal flour (coarse) 600g plain flour

500g butter 400g sugar 2 heaped tbsp treacle or golden syrup

1 large tsp salt

Soften the butter and mix ingredients in a large bowl, adding a little water if necessary. Roll out to 1cm thickness, cut into square biscuits and place on a lightly greased baking tray. Bake at 135°C until cooked (dry and just starting to turn golden brown).

## Recipe 1a

Coarse creamota or oatmeal	4 oz (100 g)
White flour	8 oz (200 g)
Butter	6 oz (150 g)
Sugar	5 oz (125 g)
Salt	1/3 teaspoon
Malt extract or golden syrup	1 tablespoon

Melt butter with the syrup and rub into flour, oatmeal, sugar, and salt. Add water, a little at a time sufficient to make softish dough. Roll out and shape into biscuits. Bake in a moderate oven at about 350 degrees F (180 degrees C) for 20-30 min until golden brown.

## Recipe 2a

Butter	6 oz (150 g)
Malt	2 tablespoons
Baking soda	1 teaspoon
Flour	1 breakfast cup
Rolled oats	1 breakfast cup
Oatmeal	1/2 breakfast cup
Sugar	1 breakfast cup
Salt	1/2 teaspoon
Mixed fruit and currants	

Melt together butter and malt. Add baking soda. Then add rest of ingredients. Press mixture into 2 Swiss roll tins. Bake at 350 degrees F (180 degrees C) for 30 minutes. Cut while hot, but leave in tins to cool. You can add coconut and you may omit sugar for a true Tatarua biscuit.

## Recipe 3a

Fine ground wholemeal flour	1 lb (500 g)
Butter	1/2 lb (250 g)
Honey	1/2 lb (250 g)

Melt butter and honey together and mix in flour to give a pastry consistency. Bake slowly for 1/2 hr until golden brown after cutting biscuits into shapes. Nuts and raisins may be added.

## Recipe 4a

Brown sugar	6 oz (150 g)
Butter	4 oz (100 g)
Milk	1/8 pint (75 ml)
Wholemeal flour	12 oz (300 g)
Baking powder	1 tablespoon
Rolled oats	6 oz (150 g)
Creamota	2 oz (50 g)
Dates, ginger, spices	

Cream brown sugar and butter together. Add 1 egg and 1/8 of pint of milk. Sieve together and add the rest of the ingredients into the above. Mix thoroughly and knead until solid. Roll flat and cut into shape for convenient packing about 2 1/4" x 2 1/4" x 3/8". Bake at 350 degrees F (180 degrees C) for 45 to 60 minutes until golden brown.