

THE ANZAC



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A slice of caramel custard with a twist; it's served with a coconut and oat cookie base, dark chocolate glaze and damper sticks.

- Sub Category Name
Food
Main Courses
- Recipe Source Name
Dilmah Real High Tea Global Challenge 2015

Ingredients

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Cookie Base

- 70g Plain Flour
- 50g Oats
- 50g Desiccated Coconut
- 140g Brown Sugar
- 200g Unsalted Butter
- 10g Golden Syrup

Chocolate Caramel Crèmeux

- 25g Thickened Cream
- 22.5g Water
- 12.5g Glucose
- 70g Castor Sugar



- 35g Egg Yolk
- 115g Thickened Cream
- 2g Vanilla Bean
- 12.5g Gelatin Powder
- 4g Water

Dark Glaze

- Glucose Syrup
- Water
- Sugar
- Gelatin Sheet
- Dark Chocolate, chopped
- Cocoa Powder
- Red Food Colouring

Damper Sticks (Dough)

- 100ml Warm Water
- 170g Strong White Bread Flour
- 1tsp Honey
- Pinch of Salt
- 1 egg white, beaten
- Pinch of Sea Salt Flakes
- Pinch of Cocoa Nibs

Methods and Directions

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Cookie Base

- Melt butter and golden syrup. Mix all dry ingredients and add to the first mixture. Press base dough into desired mould and bake at 170 degrees for 10 minutes.

Chocolate Caramel Crèmeux

- Make a caramel with water and glucose and deglaze with warm thickened cream.
- Make a crème anglaise with other ingredients and mix with the caramel.
- Add gelatin soaked in water before setting. Pipe mixture into desired moulds and set in refrigerator.
- Take off mould when assembling.

Dark Glaze



- Boil glucose, water and sugar up to 103 degrees. Pour mixture over soaked gelatin and chocolate. Mix well. Add drops of the colouring until desired colour is achieved. Warm before use.

Damper Sticks (Dough)

- Combine the flour, salt, honey and water in a bowl, then knead on a work surface for 5-10 minutes until you have a soft dough. Leave the dough to rest. Roll into thin sticks. Brush with egg white, top up with sea salt flakes and cocoa nibs. Bake for 15 minutes until golden brown.

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