

**Honey joy** (also **honey crackle**) – *noun*: a honey-flavoured biscuit containing cornflakes.

In 1938 a simple recipe for a crisp honey-flavoured biscuit appeared in a Victorian newspaper:

**Honey Joys** ... Five cups cornflakes, 3 dessert-spoons butter, 2 table-spoons castor sugar, 1 table-spoon honey. Melt butter, sugar, and honey; mix in the cornflakes, put into paper patty cases, and bake in a moderate oven for three minutes. Take out, and leave to set. (Melbourne *Argus*, 13 July)

There are earlier references in the 1930s to store-bought lollies called **honey joys**, but the recipe above is the first evidence we have of the cornflake-based biscuit we know today, and uses the same ingredients and method. The variant form **honey crackle**, first recorded in 1941, is less common, but is still in current usage: 'My first memory of cooking is with my grandma making **honey crackles**...'. (Perth *Eastern Reporter*, 10 November 2015)

Breakfast cereals are a cheap and convenient ingredient for sweet biscuits, and there are some well-known examples in Australian cuisine. Rolled oats feature in the traditional Anzac biscuit, while more highly processed cereal is the main ingredient for the **honey joy** and another Australian classic, the chocolate crackle, based on rice bubbles. Chocolate crackles and **honey joys** emerged in the same period, and both became favourite party snacks for children. But **honey joys** are easier to make. According to this writer, they are foolproof:

When my chocolate crackles would not set and my toffees fell into misshapen blobs in the patty cases, I always knew my **honey joys** would pull through. (Canberra *Times*, 19 March 1991)

And pull through they have, for nearly 80 years. The simplicity of the recipe, the convenience of using ready-made cereal, and the cornflake crunch have no doubt contributed to their continuing popularity. They have a long association with children's parties, school fetes, fundraising events, and country shows:

Last weekend, the family and I spent all day at the Yankalilla Show ... The stalls were groaning with **honey-joys**, chocolate slices, rock buns and sultana loaves. (Adelaide *Sunday Mail*, 7 October 2007)

Our fondness for them means they have achieved the same nostalgic status as other typically Australian fare:

Our daughter Karen, living in London ... had an Australia Day Supper on the 26th January with other Tasmanians. It consisted of—vegemite sandwiches, **honey crackles** ... sausage rolls ... and lamingtons (found it a hassle making those), together with Australian wine and milo. (Deloraine *Western Tiers*, 19 March 1992)

**Honey joy** and **honey crackle** are being considered for inclusion in the next edition of the *Australian National Dictionary*.