

DAMPER MAKING

Traditional breads are made from seeds or nuts. They are cooked under the ashes for about 45 minutes, covered in hot coals.

Damper can be made out of flour and water and cooked in the oven and the taste is similar.



Place flour and salt in a mixing bowl and mix using your fingers to bring the flour from the outside, in.

In the middle of the mixture, make a well and pour in a little water at a time until the mixture is moist and firm, but not sticky. If the damper is too wet, add more flour.

WHAT YOU NEED

- Oven pre heated to 350F or 180C
- 2 cups SR Flour, 1 cup Plain flour, 1 tsp salt and water to mix.
- Bowl, wooden spoon, baking tray and a floured board
- To make a larger one just add more flour and more water.
- You can also try adding wattle seeds, sultanas or herbs for a different taste



Place the dough onto a floured board and knead the mixture until it is smooth and round. Try not to over-knead the dough.

Place on a lightly floured baking tray and press down slightly. Place on top shelf in oven for 10-15 minutes then turn it over for a further 10-15 minutes.

Damper should be golden brown in colour and sound hollow when you tap on it.

Break the damper into chunks and spread with butter and favourite topping such as honey, golden syrup, jam or vegemite or cheese.

It is best eaten warm, and very nice served with hot billy tea.

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