

# Australian Traditional Damper

Damper is an iconic Australian wheat based bread which was traditionally baked at a camp fire in a **camp oven**.

Traditional Australian bread was historically cooked by drovers and stockmen over an open fire while on long cattle drives

Predominantly made by stockmen, who looked after live stock and Swagmen who travelled by foot from farm to farm carrying all of their belongings in a swag (a kind of roll up bed).

These labourers would be in remote locations for long periods of time and had only basic ingredients for cooking.

Back then damper was eaten with dried meat or **golden syrup**.

## Ingredients

450g (3 cups) self-raising flour

Pinch of salt

80g butter, chilled, cubed

185ml (3/4 cup) water

Serve with Butter, Jam and Golden Syrup

## Step 1

Preheat oven to 200°C or 180°C fan forced. Line a baking tray with non-stick baking paper.

Combine the flour and salt in a large bowl.

Use your fingertips to rub the butter into the flour until the mixture resembles fine breadcrumbs.

## Step 2

Add the water to the flour mixture and use a round-bladed knife in a cutting motion to mix until the mixture just comes together, adding 1-2 tablespoons extra water if the mixture is a little dry. Use your hands to bring the mixture together.

## Step 3

Turn the dough onto a lightly floured surface and knead gently for 1-2 minutes or until smooth.

Shape into an 18cm disc and place on tray.

Use a sharp knife that has been dipped in flour to mark 8 wedges on top.

Dust the damper with a little extra flour and bake in preheated oven for 30 minutes or until the damper is cooked through and sounds hollow when tapped on the base.

Transfer to a wire rack for 5 minutes to cool slightly.

Serve warm or at room temperature with Butter and Jam / Golden Syrup.



## Nutrition per serving : Amount per serving

**Energy** 2266 kj (542cal)

**Protein** 11.3g

**Total Fat** 17.3g Saturated 10.3g

**Carbohydrate Total** 83.5g

Sugars 0.3g

**Sodium** 1.4g

