

Try your hand at making damper

Damper is bread made without any yeast. It was made by stockmen and bushrangers who were on the move all day and camped out in the Australian bush. They wanted bread to eat and didn't have time to wait for the yeast to rise. It is traditionally cooked in the coals of a campfire, but you can make one in an oven.

3 cups self raising flour
generous pinch of salt
30g (1oz) butter
1.5 cups water or milk

Preheat the oven to 200°C (400°F)

Place flour and salt in a mixing bowl and mix. Rub the butter through the flour mixture with your fingers. Pour in the liquid little by little, mixing well between each addition.

When well mixed, form the dough into a loaf shape and wrap in aluminium foil. Place in oven or on coals and cook for 35 mins. Damper should be golden brown in colour and sound hollow when you tap on it.

Break the damper into chunks and spread with butter, jam, honey, vegemite etc. It tastes best when it's still warm!

An alternative while camping is to make "Teddy Dumbbells". Take small handfuls of the dough and shape them into little balls around the end of a stick, then hold them over the coals to cook, just like toasting marshmallows. When the dumbbells are cooked slide them off the stick and drip butter or honey into the hole left by the stick. Be careful though They'll be very hot!

