



Australian Damper

Damper bread was a staple food of the early Australian settlers and is traditionally cooked on an open fire. This tasty version can also be baked in the oven at home.

Makes 1 large round loaf

You will need:

450g (3 cups) Self-raising flour

Pinch of salt

80g Butter – chilled & cubed

185ml (3/4 cup) water

To make your Damper

1. Weigh the flour and salt into a large bowl
2. Use your fingertips to rub in the butter – your mixture needs to look like fine breadcrumbs
3. Add the water and use an eating knife to cut through the mixture and bring it together. Then use your hands to form a dough.
4. Tip your dough out onto a clean mat or work surface and knead gently for a couple of minutes.
5. Shape your dough into a large round loaf shape and score a cross in the top with the knife
5. Put the loaf onto a greased baking tray and dust with a little extra flour before baking at 200°C for approximately 30 minutes. You'll know your Damper is ready as it will be golden brown and sound hollow when you tap it on the bottom.