



## Damper for your hamper

When Poppy was on the road to Beechworth, she would have cooked damper over the fire and eaten it while chatting to Fisher, her dog. But even if you don't have a campfire (or a dog to chat to), you can still make this delicious Australian bush tucker.

### How to make damper (sooo easy!!)

#### What to do...

1. Sift the flour and salt into a bowl.
2. With your fingertips, rub in the butter until the mixture looks like fine crumbs.
3. Make a well in the centre of the mixture.
4. Mix the milk and water together, and pour into the middle of the well.
5. Use a butter knife to mix the dough lightly until it leaves the sides of the bowl.
6. Sprinkle some flour onto a board. Knead the dough on the board and shape it into a ball.
7. Put the dough ball on a greased oven tray and pat it down.
8. Cut two slits across the dough like a cross.  
(You might need a sharp knife for this, so ask a grown-up to help.)
9. Brush the top of dough with milk and sift a little extra flour over the top.
10. Bake at 220°C for 10 minutes, or until golden brown.
11. Reduce heat to 170°C and bake another 20 minutes.

Ask someone to help you take the hot tray out of the oven when it's done. Then...

**Eat with honey, jam, golden syrup or just butter. YUM!**

#### What you'll need...

- 3 cups of self-raising flour
- 1/2 teaspoon salt (optional)
- 3 tablespoons butter
- 1/2 cup milk
- 1/2 cup water