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damper bread

Ingredients – serves 6

- 450g (3 cups) self-raising flour
- Pinch of salt
- 80g butter, chilled, cubed
- 185ml (3/4 cup) water
- optional herbs grated cheese

Step 1

Preheat oven to 200°C. 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.

RECIPE NOTES

Note: Damper was traditionally made in a cast-iron pot with a lid, called a "camp oven". The entire pot was either covered in hot wood coals or the camp oven was placed in a hole in the ground and surrounded with hot wood coals. It was usually served with tea made in a billy over the camp fire. Damper was originally made with plain flour, salt and water. Adding butter and self-raising flour came later on and gives a much tastier result.

THINK OF WHAT OTHER INGREDIENTS YOU CAN ADD TO VARY THE ABOVE RECIPE:

fresh or dried herbs, grated cheese, corn kernels olives , spring onion, chopped slami or bacon