

DAMPER

In colonial Australia, stockmen developed the technique of making damper out of necessity. Often away from home for weeks, with just a campfire to cook on and only sacks of flour as provisions, this basic staple bread evolved. It was originally made with flour and water and a good pinch of salt, kneaded, shaped into a round, and baked in the ashes of the campfire or open fireplace. It was eaten with pieces of fried dried meat, sometimes spread with golden syrup, but always with billy tea (tea made in a pot over the campfire, which was referred to as a billy).

Today it is made with milk and self-raising flour. Salt is optional.

Ingredients:

2 cups plain flour
1/2 cup water
1/2 cup milk
pinch salt

Directions:

Mix together into a slightly sticky dough. add a little more water or flour if needed.
Take a small amount, wrap it around a broomstick sized piece of wood and cook over the coals of an open fire
OR
wrap in foil and cook in the coals of a fire
OR
place on a lightly greased tin and cook in a hot oven.

When cooked, it should sound hollow if tapped.

Alternative: Damper Dog - put a small hot dog sausage on a skewer and wrap damper round it so it is completely covered and cook over an open fire .

