



Damper

Step 1: Start with a recipe

Easy Australian Damper

Alternatively, use this easy recipe for a simple damper that's quick to put together in your kitchen or by the campfire.

3 cups self-raising flour

Pinch of salt

80 g butter, chilled, cubed

$\frac{3}{4}$ cup warm milk

Step 2: Rub it together

To give damper its signature crust you need to put it into a hot oven that's been preheated to 200°C. Place the flour and salt together in a large bowl and use your fingertips to rub the butter into the flour until the mixture resembles fine breadcrumbs. It's important that the butter is cold when you do this otherwise it will turn into a sticky mess.

Step 3: Add the liquids

Next, it's time to add the milk to the flour mixture. Use a butter knife, or round-bladed knife, and a cutting motion to mix the dough until it just comes together. If you find it's still a little dry, add an extra tablespoon of water to help the mixture bind.

Step 4: Knead it together

Turn the dough out onto a bench and gently knead it for 2 minutes, or until smooth. Unlike other bread doughs, you don't want to overwork the dough, so handle it with a little care and stop as soon as it feels smooth and slightly springy. Shape it into a round disc and place it onto a baking paper lined tray. Dip a sharp knife in flour and use it to mark wedges on the top of the damper.

Step 5: Into the heat

Give the damper a final dust of flour, then pop it into the oven for 30 minutes or until it's cooked through. To test to see if it's done, give it a tap on the base, and if it sounds hollow it's ready. Let it cool slightly on a rack, then serve warm.