

DAMPER MAKING

Traditionally, dampers are made from the seeds of native grasses and shrubs. The damper is cooked under the ashes, covered in hot coals

Damper can be made out of flour and water and cooked in the oven and the taste is similar.



- Oven pre heated to 350F or 180C
- 2 cups SR Flour, 1 cup Plain flour, 1 tsp salt and water to mix.
- Bowl, wooden spoon, tray and a floured board
- To make a larger one just add more flour and more water.
- You can also try adding sultanas or herbs for a different taste

Place flour and salt in a mixing bowl and mix, with your fingers or wooden spoon. In the middle of the mixture, make a well and pour a little water at a time, until the mixture is firm dough.

Place the dough onto a floured board and continue to knead the mixture until it is smooth and round. Place on a lightly floured tray and press down slightly. Place on top shelf in oven for 10-15 minutes then turn it over for a further 10-15 minutes.



Damper should be golden brown in colour and sound hollow when you tap on it.

Break the damper into chunks and spread with butter and favourite topping such as honey, golden syrup, jam or vegemite.

It is best eaten warm.