

Damper

Source – Women’s Weekly

Harvest –

Vocab Words – rub butter in, dough, knead, glaze, greased, turn out

Skills – rub butter in, knead, glaze, bake

Equipment:	Ingredients:
<ul style="list-style-type: none">· Metric measuring cups and spoons· Metric measuring scales· Chopping boards and grips· Compost bowls· Large bowl and spoon· Baking tray lined with baking paper· Pastry brush· Wire rack· Serving Items – platters and tongs	<ul style="list-style-type: none">· 2 ¼ cups self-raising flour· 1 teaspoon salt· 1 tablespoon sugar· 45gm butter, cold and cut into small pieces· 250ml milk, plus extra for brushing

What to do:

1. Preheat the oven to 200-220°C and line a baking tray with baking paper.
2. Sift flour and salt into a bowl.
3. Add butter and, using light fingers, rub it into the flour mixture.
4. Add milk and use a flat knife or large spoon to mix to a medium-soft dough.
5. Turn onto a floured surface and knead lightly until just smooth.
6. Divide mixture in half and form into 2 log shapes. Place on the baking tray.
7. Glaze with a little of the extra milk.
8. Using a sharp knife score the top of the damper.
9. Bake in hot oven 20-25 minutes (check damper after 10 minutes to see if cooking evenly).
10. Best served warm.

Notes: serve with softened butter, your spread of choice, or soup.