

Damper

An Australian¹ camp-fire cookie.

This recipe was provided by our family down under, and is for cooking over a camp fire by the billabong, mate.

However, the instructions below are for civilisation (an oven at least).

Ingredients

600 g self raising flour
3.75 ml salt
100 g **FAIRTRADE** raw cane sugar
100 ml water

Variation

Use the dough to make **Twisties²**.

Method

Preparation

Get the oven hot at Gas Mark 6.

Mix the flour salt and sugar in a mixing bowl and gradually add water to form a soft dough.

Adjust the dough with more water or more flour as necessary.

Knead lightly.

Shape into a ball and place on the oven tray.

Cooking

Bake for 10 minutes at Gas Mark 6.

Turn the oven down to Gas Mark 4 and bake for a further 15 minutes until the damper is golden and sounds hollow when you tap it.

To serve

Could be good with a dob of butter and some **FAIRTRADE** runny honey.

¹<http://www.fairtradecookbook.org.uk/countries/australia.htm>

²<http://www.fairtradecookbook.org.uk/recipes/twisties.htm>