

Native Grass Damper

Serves 4 - Preparation 10 minutes - Cook Time 15 - 20 minutes

INGREDIENTS

- 450g self-raising flour
- 50g Mitchell & Button Grass Flour (or preferred native grass flour)
- 1 tablespoon of ground Wattleseed mix/flour (or preferred native spice)
- 350ml – 400ml water
- Pinch of salt
- 2 tablespoons of macadamia/olive oil (optional for softer crust)

METHOD

1. Preheat oven to 220°C.
2. Combine all dry ingredients: sift self-raising flour, native grass flour into a large bowl. Add salt and Wattleseed mix.
3. Make a well in the centre of the dry ingredients and slowly pour in the liquid (oil + water). Use a butter knife to stir in the liquids.
4. Once a sticky dough, remove and begin to kneed onto a lightly-floured surface. No not overwork the dough as it will become tough.
5. Bake for 15 – 20 minutes. The damper is ready when the crust is golden and sounds hollow when tapped from the bottom.
6. Let the damper cool on an air rack for 10 minutes before serving with your preferred spreads/toppings.

