



## The Drovers Damper

Damper is a traditional Australian outback food prepared by swagmen, drovers and other travelers. Damper was originally developed by stockmen who traveled in remote areas for weeks with only basic rations of flour, preserved meat, butter, tea and sugar to live on. The basic ingredients were flour, water, salt and sometimes milk. The damper was normally cooked in the ashes of the camp fire. The ashes were flattened and the damper was placed in there to cook, alternatively, the damper was cooked in a greased camp oven.

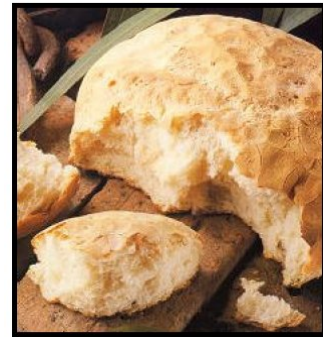
Damper was eaten with dried or cooked meat or golden syrup, also known as "cockies joy". It was traditionally served with a cup of tea, made in a billy of course, or even a swig of rum.

### Tools:

Flour Sifter or Sieve  
Large mixing bowl  
Measuring Cups  
Measuring Spoons  
Butter knife  
Biscuit tray  
Sharp Knife  
Pastry Brush

### Ingredients:

3 Cups self raising flour  
½ teaspoon salt  
2 teaspoons caster sugar  
½ cup milk  
½ cup water  
3 Tablespoons butter  
extra milk for glazing  
extra flour for dusting



### How to make Damper:

1. Sift flour and salt into a bowl, rub in butter until mixture resembles fine breadcrumbs, fairly even in size.
2. Make a well in centre of dry ingredients, add combined water and milk all at once; mix lightly with a butter knife in a cutting motion. \*
3. Turn out on to a lightly floured surface, knead lightly and shape into a ball.
4. Place on greased biscuit tray. Pat dough out to a 15cm circle.
5. With sharp knife, cut two slits across dough like a cross, approximately 1cm deep. \*
6. Brush top of dough with milk and sift a little extra flour over dough.
7. Bake at 230°C for 10 minutes or until golden brown, reduce heat to 180°C, cook a further 15 minutes. \*

Damper is best eaten straight out of the oven once it has slightly cooled

\*An adult will need to help