

GF Friendly

Damper

Pan-fried no-yeast bread

We used to make this on camp. Not having a regular oven, our alternative was a stew pot with an upside-down foil pie tray in the bottom to defuse the heat; sitting on top of which was a round cake pan with the damper in it. The one in the picture was simply placed in the wok with a baking-paper liner and cooked on the gas hob. I did put the glass lid on, but it wasn't really necessary; and I recall it also used to work well in the frying pan uncovered.

2 cups self-raising flour
 1 rounded dessertspoon baking powder
 2 Tbsps margarine
 OR 2 Tbsps olive oil
 A pinch of salt (optional)
 2/3 cup cold water or milk to bind
 a beaten egg will make it less heavy
 and for something different add grated
 cheese and chopped ham or bacon



Mix the dry ingredients together and rub in the margarine to make a fine breadcrumb consistency. If using oil, mash in well with the back of a fork.

Add the liquid a little at a time (the egg first if using) and combine until you have a firm dough; but be careful not to make it sticky. Should this happen, just mix in a bit more flour – damper is very forgiving! Now shape this with the hands into a ball, then press down so that it is a flattened cake.

Cook this in a suitable pan on a diffuser over a low heat, covered if you like, for 10-12 minutes a side; or until the damper sounds hollow when tapped. You can also bake it in the oven, probably on 170°C fan forced; but you'd have to experiment with time.

Serve with butter or table margarine and your choice of spreads

Tip: a fun way for the kids on camp is to form small round balls on the end of long sticks to be toasted in an open fire like marshmallows.

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