



# NATIVE HERB & SEA SALT BUSH DAMPER

This variation on the iconic Aussie Bush Damper takes the classic Aussie campfire staple and gives it a gourmet twist by incorporating Lemon Myrtle and Saltbush. It's crusty on the outside, fluffy on the inside, and smells exactly like the Australian bush after rain.

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## INGREDIENTS

- 4 Cups self-raising flour
- 1 tsp Sea salt
- 1 Tbsp dried Lemon Myrtle (ground or finely crumbled)
- 1 Tbsp dried Old Man Saltbush (optional, for an earthy, salty kick)
- 80g cold butter, cubed
- 1 Cup water (plus a little extra if needed)
- ½ Cup milk (plus extra for brushing)



## INSTRUCTIONS

1. Prep the Flour: In a large bowl, whisk together the flour, sea salt, ground lemon myrtle, and saltbush.
  2. Rub in Butter: Add the cubed butter. Use your fingertips to rub the butter into the flour until the mixture resembles fine breadcrumbs.
  3. Create the Dough: Make a well in the center. Pour in the milk and water. Use a butter knife to "cut" the liquid into the flour until a soft dough forms. (Avoid over-handling, or the damper will become tough!)
  4. Shape: Turn the dough onto a lightly floured surface. Gently knead for 1 minute just to bring it together. Shape into a smooth ball and flatten slightly.
  5. The Signature Cross: Use a sharp knife to cut a large "X" into the top of the dough (about 1cm deep). This helps it cook through and gives it that iconic look. Brush the top with a little extra milk and sprinkle a pinch more saltbush or sea salt.
  6. Bake:
    - In an Oven: Bake at 190°C for 30–40 minutes until golden brown.
    - In a Campfire: Place in a greased camp oven. Bury the pot in hot coals (not active flames) and place more coals on the lid. Bake for about 30 minutes.
  7. The "Knock" Test: Tap the bottom of the loaf. If it sounds hollow, it's ready!
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### Chef's Serving Suggestion:

- Serve warm, torn apart by hand, and slathered with Macadamia nut butter or a drizzle of Leatherwood honey.

### Pro-Tip:

- If you want to go full "Great Southern Land" style, serve this alongside **Salt and Pepper Squid** to mop up any leftover juices!