



# ORIGINAL AUSSIE BUSH DAMPER

Australian Damper or Bush Bread cooked in the dying ashes of a fire - the essence of simplicity

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In colonial Australia, stockmen developed the technique of making damper out of necessity. Often away from home for weeks, with just a campfire to cook on and only sacks of flour as provisions, a basic staple bread evolved.

It was originally made with flour and water and a good pinch of salt, kneaded, shaped into a round, and baked in the ashes of the campfire or open fireplace. It was eaten with pieces of fried, dried meat, sometimes spread with golden syrup, but always enjoyed with billy tea or maybe a swig of rum.

Today we make it with milk and self raising flour. Salt is optional.

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## INGREDIENTS

- 3 Cups of self raising flour
- ½ tsp salt
- 3 Tbsp butter
- ½ Cup milk
- ½ Cup water



## INSTRUCTIONS

1. Sift flour and salt into a bowl, rub in butter until mixture resembles fine breadcrumbs
  2. Make a well in the centre, add combined milk and water, mix lightly with a knife until dough leaves sides of bowl
  3. Gently knead on a lightly floured surface and then shape into a round
  4. Put on a greased oven tray and pat into a round 15-16cm diameter
  5. With a sharp knife, cut two slits across the dough like a cross, approx. 1cm deep
  6. Brush top of dough with milk then sift a little flour over dough
  7. Bake in a hot oven for 10 minutes, or until golden brown
  8. Reduce heat to moderate and bake another 20 minutes
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## TIPS

- Best eaten fresh on the day it's made
- The quick method of mixing with a knife is recommended
- Serve warm with butter
- Cooked damper can be frozen for 2 months