



ROSEMARY DAMPER

This variation on the iconic Aussie Bush Damper is from the Australian Womens Weekly 'Cooking with Herbs' recipe book. The addition of rosemary to the damper adds not only a fresh, piney flavour, but also signifies remembrance and its association with Anzac Day.

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It was originally made with flour and water and a good pinch of salt, kneaded, shaped into a round, and baked in the ashes of the campfire or open fireplace.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 variations on the the basic recipe for added flavour and enjoyment.

INGREDIENTS

- 15g butter
- 1 medium onion, chopped
- 3 bacon rashers, chopped
- 3 Cups self raising flour
- 45g butter, extra
- 2 Tbsp chopped fresh rosemary
- 1 Cup grated tasty cheese
- ½ Cup milk
- ¾ Cup water, approx.



INSTRUCTIONS

1. Melt butter in small frying pan, add onion and bacon, stir over medium heat for about 2 minutes or until onion is soft. Cool
2. Sift flour into large bowl, rub in extra butter
3. Stir in onion mixture, rosemary and ⅔ cup of cheese
4. Make well in centre and stir in milk and enough water to mix to a soft dough
5. Knead on lightly floured surface until smooth
6. Place dough on greased oven tray, pat into 16cm circle
7. Using a sharp knife, cut a cross into top of dough about 1cm deep
8. Brush with a little extra milk, sprinkle with remaining cheese
9. Bake in a moderate oven for about 40 minutes or until damper is golden brown and sounds hollow when tapped with finger

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