Pete's Fun Aussie Recipes for Kids

Pete's Aussie Damper

A bush favourite!



Shopping List

- 3 cups self-raising flour
- 1/2 tsp salt
- 60g cold butter
- 3/4 cup milk
- 3/4 cup water

Learn with Pete

Damper is a traditional Australian bush bread. Stockmen, drovers and swagmen cooked it over campfires or in camp ovens while travelling through the outback.

Recipe Card - What To Do

1. Ask your grown-up to preheat the oven to 200C and lightly grease a baking tray.
2. Mix the flour and salt in a bowl.
3. Rub in the butter until the mixture looks crumbly.
4. Add the milk and water and mix into a soft dough.
5. Gently knead, shape into a round loaf and place it on the tray.
6. Cut a cross on top.
7. Bake for 30 to 35 minutes, until golden and hollow-sounding.
8. Cool a little and serve with butter or jam.

Pete's Tip:
Don't over-knead the dough or your damper can turn tough.

Ask your grown-up to help!

Allergy Warning:
Contains gluten and milk.



Have fun baking with Pete!