

Tide Mill Damper



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Damper is an Australian soda bread traditionally made by bushrangers in the wilderness, using the coals/ashes of a campfire or greased camp oven. Originally, it was unleavened (made without yeast) and formed with only flour, salt, and water (the only supplies available).

500g (1lb 2oz) Tide Mill Traditional wholemeal flour
4½ tsp baking powder
1 teaspoon salt
80g (3oz) unsalted butter, chilled
175ml (6fl oz) water
Golden syrup for serving

Oven: 200°C/390°F/Fan 180°C/Gas Mark 5

In a large bowl, combine the flour, baking powder and salt. Cut the chilled butter into cubes and mix into the flour using a fork, or, preferably, your fingers.

Once the mixture has a coarse texture with no pieces larger than a pea, stir in the water to bring the dough together. If too crumbly add a little more water. If too sticky, add a little more flour.

Knead just until smooth, being careful not to overwork.

On a lightly floured surface, form the dough into a circle about 7 inches (18cm) wide. Transfer to a lightly greased baking sheet, or one prepared with parchment paper.

Dust a sharp knife with flour and cut eight wedges about quarter to half inch thick into the top of the dough. Dust the top of the damper with flour.

Bake in a preheated oven until hollow when tapped and lightly golden, 30-40 minutes.

Allow to cool on a wire rack for about five minutes before serving. Best eaten the day it is made, warm or at room temperature with golden syrup.

Good tucker, mate!