

HOW TO MAKE WATTLE SEED DAMPER

This year's Reconciliation Week theme is 'In this together,' and the South Australian Museum is focusing on Aboriginal and Torres Strait Islander foods. Food brings communities together; we learn through passing down knowledge about food production, preparation and eating. Like many cultures around the world, Aboriginal and Torres Strait Islander people have been grinding seeds and making bread for tens of thousands of years.

This recipe is a simple way of making bread at home using wattle seeds, an ingredient local to South Australia.



Ingredients:

- 1 tablespoon ground roasted wattle seeds
- 500g plain flour (4 cups)
- 1 tablespoon baking powder
- ½ teaspoon salt
- 2 tablespoons olive oil
- 300ml of milk

Equipment:

- measuring cups
- measuring spoons
- mixing bowl
- baking tray
- pastry brush
- butter knife

METHOD

Step 1:

Pre heat oven to 210°C.

Step 2.

Mix dry ingredients together in the mixing bowl.

Step 3.

Add wet ingredients to the mixture.

Step 4.

Mix and knead ingredients together until the dough is smooth and forms a round ball as pictured.

Step 5.

Place the ball of dough on greased oven tray. Cut a cross on top of dough. This allows the bread to expand.



Step 6.

Brush the dough with a little milk using the pastry brush. This helps the bread brown nicely.

Step 7.

Place the dough into 220c preheated oven and cook for 30-40 minutes. Check at 20 min mark to see how the damper is browning.

Step 8.

Take the damper out of the oven. It must be golden brown on the top and bottom and if you tap the bottom of the damper it should sound slightly hollow.

Step 9.

Damper is best served warm with butter, jam, golden syrup, honey and even vegemite. Or with jam and cream, the toppings are endless.

Enjoy!

Have you made damper at home or in your classroom?

Share your pictures with us on Facebook or Instagram, and make sure you include the hashtag #mysamuseum.