

activities



Basic Flour Recipes



Bake a Damper.

Another name for damper is Takakau (Old Man's Bread). Traditionally, the Australian swaggie baked damper over an open fire and spread 'cocky's joy' (golden syrup) over it. Here are four recipes to tantalise those taste buds when cooking on an open fire or using the oven.

Recipe One

1½ cups Self-raising flour
1 teaspoon Baking powder
⅔ cup Milk

½ cup Oat, rye or maize flour
1 tablespoon Butter, melted

Combine all ingredients except the milk. Add the milk to the mixture carefully to make a soft dough not a sticky one. Shape the dough into a ball, flatten it so that it is about 3 centimetres thick. Place onto a lightly greased oven tray and cut a cross on the top. Bake in a hot oven until the dough rises and browns. Eat while warm.

Recipe Two - Kibbled Damper

¾ cup Kibbled wheat
½ cup Milk
50 grams Butter, melted
1½ cups Wholemeal flour

2 cups Water, warm
¼ cup Water
1½ cups Plain flour
2 teaspoons Baking powder

Pour warm water over kibbled wheat in a microwave-proof bowl. Micro-cook on High for four minutes or alternatively soak kibbled wheat overnight to soften. Drain and set aside. Pour milk and water into a bowl. Add butter, both flours, baking powder and kibble wheat. Mix well to combine all ingredients.

Turn out onto floured board. Divide into two, shape into rounds and lift onto a large, greased, flat baking tray. Cut a cross on top of each round and sift over a little extra flour.

Bake at 200°C for 10 minutes, reduce temperature to 180°C and continue baking a further 40 minutes or until firm and golden. Serve warm.



Recipe Three

Here is a quick recipe to whip up when camping out in the great outdoors. When deciding to make an open fire, check fire regulations and restrictions for the area. When selecting a location, pick a spot designated for open fires such as a bricked area, or where a fire has already been lit. The latter will require a circle of stones if not already in place. Remember to leave no trace of your fire when finished. Minimal impact is extremely important if we want to look after recreational areas for future use. Everyone can be a valued guardian of New Zealand's environment.

1/2 cup Self-raising flour
1 teaspoon Butter
2 tablespoons Plain flour

Salt, pinch
Water

Place dry ingredients (except plain flour) in a mug, then add enough water to mix to a stiff dough. Collect from under a tree (do not break off a tree) a long (toasting length), thick (2 centimetres in diameter), green stick. Break off all leaves still attached to the stick. Flour the stick, and hands with the plain flour. Roll dough into a strip, 2 centimetres wide, and wind around stick allowing space for swelling. Hold the stick so that the dough is over hot embers. Turn frequently, until you can remove the bread from the stick easily. Place the butter in the centre of the bread where the stick was. Enjoy eating.

Recipe Four

2 1/2 cups Flour
1 1/4 cups Milk

2 1/2 teaspoons Baking powder

Mix the dry ingredients in a bowl. Add the milk and mix to form a firm dough. Knead on a floured surface for 5 minutes. Roll out into a circle about 1.5-2 centimetres thick. Place on a greased or floured tray and bake at 200°C for 10 minutes or until it is golden brown. Serve while hot with butter.