

Olive's Kitchen

Beer Damper - With wattleseed

This recipe for damper contains self-raising flour, yeast and beer, all of which act as raising agents. The yeast is optional, but gives the damper a more bread-like flavour. The final result is like a loaf of bread. A camp oven is like a large round casserole, made of cast iron and with a lid. Any suitable large casserole or baking tin can be used. The wattleseed gives a subtle flavour and a lovely colour, but this can be omitted. The end result should still be very acceptable. Use as you would fresh bread. Have plenty of butter on hand when serving.

For about ten people:

- 4 1/2 cups self-raising flour, 450 g
- 1 to 2 tps dry yeast (optional)
- dash of salt
- 1/2 tsp crushed wattleseeds (optional)
- 375 ml beer (not too bitter)

(When ready to serve, you can pull the damper apart, sprinkle with plenty of cubed butter, and drizzle with olive oil. Microwave slightly to melt the butter if needed; serve.)



Method:

Sift flour and combine dry ingredients.

Add beer and mould into a dough. Add more flour if too sticky.

Lightly oil camp oven (or suitable casserole). Place dough inside. Place lid on.

Allow to rise for 20 minutes or so in a warm spot. It should double or triple in size.

Knead lightly, allow to rise again for 20 minutes or so.

Bake covered or uncovered at 200°C for 45-60 minutes, turning once or twice if you wish.

Remove to cool slightly, but serve while quite warm.

Serve:

Serve straight from the oven with butter. Or serve as a dessert with cream and jams.

Equipment:

Camp oven or equivalent casserole style with a lid.

Difficulty and Time:

Not difficult (2/5). 10 minutes to prepare.

Notes and variations:

- Replace the beer with water or milk.
- Many recipes include butter, which is worked into the flour.
- Experiment as you wish with other ingredients. Some recipes add cayenne, cheese, olives, herbs and sundried tomatoes and sprinkle with seeds!