

Best Damper Recipe

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We bake our damper recipe in a small camp oven.

Ingredients

self raising flour
baking powder
salt
1 egg
1 tablespoon cooking oil
milk

Method

Half fill the camp oven with the SR flour. Add 1 teaspoon of baking powder and a good pinch of salt. Mix these dry ingredients and make a well in the centre of the flour mixture. Add 1 egg, 1 tablespoon of oil and enough milk to mix. Mix well, adding more milk a little at a time as required. Mix until the dough is well mixed and a little sticky. Spread out the mixture to cover the base of your camp oven and brush the top with a little milk to help in browning.

Cover the camp oven with the lid. Place on moderate coals and cook for about 15 to 20 minutes, then test with a sharp knife. If not cooked, cover and cook for a little longer. (You can smell when it's ready!)

The plain damper recipe is delicious with butter and jam, and ideal for a campfire supper!

Savoury Damper - top with grated cheese before cooking.

Sweet Damper - add sugar and sultanas to the dough before cooking.

Make your own Fruit Filled Damper

An ideal addition to a sweet damper recipe is a Solarfruit Family Pack serve of nectarine sun dried fruit (available from www.solarfruit.com). Make the dough as above, adding 2 tablespoons of sugar to the dry ingredients. Once the dough is mixed, take a sheet of nectarine Solarfruit and insert into the middle of the dough. Cook as before. The nectarine Solarfruit makes a delicious fruity filling in the middle of the cooked damper!

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