

Damper

You will need:

- 4 cups self-raising flour
- 50 grams butter
- 1 cup caster sugar
- 1 tablespoon cinnamon
- Water for soft dough

What to do

- Mix the flour and butter to make crumble (and add more butter if required)
- Add sugar, cinnamon and water to make a dough
- Make a scone dough with the ingredients, and add more flour if the mixture is too wet.
- Wrap the mixture in a double thickness of foil and place it in hot coals for 10-15 minutes, or it can be cooked in a camp oven
- Damper is cooked when it sounds hollow when tapped
- Eat with golden syrup, jam or whatever you fancy



Twist

- Roll a piece of dough into a long strand and wind it around a green stick which has had the bark etc. scraped off and dipped in butter.
- Cook holding the stick over the hot coals.



- Variations: To the basic mix you can add sultanas, mixed fruit, grated cheese, chopped apples, and dates

Recipe Variations:

- Recipe 1: 4 cups self-raising flour, 600ml buttermilk
- Recipe 2: Self raising flour, milk, pinch of salt