



Warrigal greens damper with golden syrup butter

By Nornie Bero | Mabu Mabu

This upgraded version of damper from Nornie Bero is easy to make and the perfect excuse to get your hands dirty with sticky dough! Championing native ingredients, the recipe is easily adapted to become gluten-free and/or vegan, highly sustainable through its use of banana leaves, and comes with a moreish golden syrup butter (also with a vegan option).

Fresh from the garden: warrigal greens, saltbush, banana leaf

INGREDIENTS

- 3 cups self-raising flour (or gluten-free self-raising flour), plus extra for dusting
- 2 tbsp room temperature butter (or vegan butter/Nuttelex)
- 100 g warrigal greens, thinly sliced
- 1½ tbsp saltbush
- 1½ cups water
- 2 x 30 cm sheets of banana leaf

GOLDEN SYRUP BUTTER

- 1½ tbsp golden syrup
- 3 tbsp room temperature butter (or vegan butter/Nuttelex)

Preheat the oven to 200°C.

Add the flour and butter to a bowl. Mix and press together using your hands, until fully combined.

Add the warrigal greens and saltbush. Add water, a little at a time, and mix with your fingers until you have a nice sticky dough. Place some flour on your surface then knead the dough until you have a bread-dough consistency.

Carefully heat the banana leaves in a dry non-stick frying pan, to release the natural oils.

Place dough in the centre of the banana leaves. Wrap the dough up, then wrap in aluminium foil.

Place directly onto the middle oven shelf, and bake for 35-40 minutes.

For the golden syrup butter, whip the golden syrup and butter until creamy.

Slice warm damper thickly, and serve with golden syrup butter.

MAKES APPROX. 12 SLICES

SUBSTITUTION OPTIONS:

- Saltbush → oregano or other savoury herbs
- Banana leaf → baking paper

