

Wattleseed Damper

Season: All

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: wattleseed

Wattleseeds are the seeds of Australian acacia (wattle) trees. Traditionally an important food source to many Aboriginal groups, wattleseeds grow in pods like peas. (In fact acacia trees are part of the legume plant family.) Wattleseeds add texture and an earthy flavour, and are highly sought after by top Australian restaurants as an indigenous ingredient of choice. Not all wattleseeds are edible; research your own variety, or purchase from a reputable bushtucker supplier.

Equipment:

metric measuring scales, cups and spoon
small frying pan
wooden spoon
sifter
large bowl
mixing spoon
baking paper
baking tray
pastry brush

Ingredients:

40 g wattleseeds
3 cups self-raising flour
70 g butter
1 tsp sea salt
¾ cup low-fat milk, plus extra for brushing

What to do:

1. Preheat the oven to 180°C.
2. Dry-roast the wattleseeds in the frying pan to release their flavour.
3. Sift the flour into the large bowl.
4. Rub the butter into the flour.
5. Add the salt and wattleseeds to the flour and mix through.
6. Make a well in the centre of the flour.
7. Add the milk and mix until combined.
8. Knead to form a smooth dough.
9. Form the dough into 15 small rolls and place them on a lined baking tray.
10. Brush each roll with a little extra milk.
11. Bake for 20 minutes.