

Salt Bush Damper

Season: All

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: Salt Bush

Salt Bush is an Australian native edible plant.

Equipment:

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

Ingredients:

2 tsp salt bush leaves finely
chopped
3 cups self-raising flour
70 g butter
50 g cheese (optional)
 $\frac{3}{4}$ cup low-fat milk or soy
milk, plus extra for brushing

What to do:

1. Preheat the oven to 180°C.
2. Finely chop the salt bush leaves.
3. Sift the flour into the large bowl.
4. Rub the butter into the flour.
5. Add the chopped salt bush leaves to the flour and mix through.
6. Make a well in the centre of the flour.
7. Add the milk (or soy milk) and mix until combined, you may like to add some cheese to the mix at this point.
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.