

# 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.

