Herb Damper

From our garden: garlic chives, parsley

NOTES TO STUDENTS and VOLUNTEERS:

1. Please set up your workstation first (compost bucket, tea towel, hand towel, green cloth, dish washing cloth)
2. Read the recipe, then collect equipment, then ingredients.
3. Focus on the rubbing in method.
4. A volunteer or teacher is to supervise the use of the oven to bake the Damper.

Equipment

Chopping board
Small knife
Large bowl
Sifter
Mixing spoon
Measuring cups
Measuring spoons
Measuring jug
Scissors
Dinner knife
Marble pastry board
Baking tray
Baking paper
Wire rack

Ingredients

3 cups self-raising flour
1 teaspoon salt
1/3 cup flat-leaf parsley leaves, roughly chopped
1 bunch chives, finely chopped with scissors
80g butter, cubed, chilled
1 cup milk, at room temperature

What to do: (Method)

- Preheat oven to 200°C.
- Line a large baking tray with baking paper.
- Sift flour and salt into a large bowl.
- Stir in parsley and chives.
- Using your fingertips, rub butter into flour until mixture resembles fine breadcrumbs.
- Make a well in the centre of dry ingredients.
- Add milk. Mix lightly with a flat-bladed knife until mixture starts to come together (add a little extra milk if necessary).
- Turn dough onto a lightly floured board.
- Knead lightly.
- Divide into two and shape into a 2cm-thick, 15 - 20cm round.
- Place dough onto tray lined with baking paper.
- Using a sharp knife, score top of damper into 8 wedges. Dust lightly with a little flour.
- Bake for 20 to 25 minutes or until damper is light golden and sounds hollow when tapped on base.