

Australian Native Food Education Kit

Wattle Seed Damper – makes 6 – 8 rolls

The classic outback Bush Bread can be shaped into a loaf, larger or smaller rolls/buns. Note – extra water or flour may be required, depending on the moisture content of the flour used, this can vary from time to time.

1 heaped tsp roast ground wattle seed
50 ml boiling water

Preheat your oven to 180 deg C

Pour boiling water over wattle seed, allow to cool to room temp. while you prepare the other ingredients

250g self-raising flour
100ml water
1 tsp raw sugar
½ tsp salt

Sieve flour, sugar & salt into a mixing bowl. Add the water with the softened wattle seed. Mix on low speed (or knead by hand) for 2-3 mins. to form a smooth dough. Do not overwork the dough. Allow to rest covered for 5-10 mins.

Form into dinner or burger rolls or a loaf shape, and place on a silicone baking paper lined tray.

1 tbsp. milk

Brush with milk to glaze, you may cut the rolls with a decorative slash or two.

Bake @ 180 deg C for 20 mins.