

Herb Damper

Ingredients

4 cups self-raising flour

60g chopped butter

¼ cup mixed herbs

¼ sunflower seeds

1 cup grated cheese

1 cup milk 1 cup water

4 sprigs of rosemary

Salt and pepper

Method

1. Preheat oven to 220 oC
2. Lightly grease 2 baking trays or line with baking paper.
3. Grind rosemary with a little salt in the mortar and pestle, put aside until later.
4. Sift flour into large bowl. Add butter and rub in with your fingertips, until mixture resembles breadcrumbs.
5. Stir in herbs, sunflower seeds and cheese. Season with salt and pepper.

6. Make a well in the centre of the dry ingredients.
Add combined milk and water all at once. Using a bread knife, mix to a soft, sticky dough.
7. Turn out onto a lightly floured surface. Separate mixture into two equal halves. Knead each gently do not over knead as it will make damper tough.
8. Place on prepared tray. Brush with a little extra milk. Sprinkle with the ground rosemary mixture.
9. Bake for 25-30 minutes, until golden and hollow sounding when tapped on the underside.