

## Wattleseed damper

(Adapted from the Stephanie Alexander Kitchen Garden Foundation, makes 3 damper rolls)

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.



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### Equipment:

measuring cups  
spoon and butter knife  
large bowl  
baking paper  
baking tray  
pastry brush

### Ingredients:

1 ½ cups self-raising flour  
35 g nuttelex or butter  
½ tsp wattleseed (dry roasted and ground)  
1 tsp dried salt bush  
½ cup water, plus extra for brushing

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### What to do:

1. Preheat the oven to 180°C.
2. Add flour to large bowl.
3. Rub the nuttelex/butter into the flour until it resembles breadcrumbs.
4. Add the saltbush and wattleseed to the flour and mix through.
5. Make a well in the centre of the flour.
6. Add the water and mix with a knife until combined.
7. Knead to form a smooth dough.
8. Form the dough into 3 small rolls and place them on a lined baking tray.
9. Brush each roll with a little extra water.
10. Bake for 20 minutes.
11. Damper is cooked when golden and sounds hollow when tapped, remove from oven.
12. Slice rolls in half and enjoy warm with nuttelex/butter, golden syrup or kumquat jam.