

Bushcraft: dampers

Ingredients (enough for 10 dampers)

- 800g self-raising flour
- 375ml milk (or water)
- ½ teaspoon of salt
- Green sticks (fresh hardwood) will need to be about as long as your arm and as thick as your thumb.

Method

1. Mix the ingredients into a soft, light dough by adding the liquid to the flour slowly, constantly mixing with a knife, then knead for 5 minutes.
2. Divide the dough into balls slightly larger than a golf ball.
3. Strip the sticks of their bark with a knife to ensure they're clean.
4. Work each portion of the dough onto the end of a stick in the shape of a sausage, making sure to cover the end of the stick.
5. Cook each damper over the embers, turning constantly so as not to burn. After about 15-20 minutes, the damper should be golden on the outside and have doubled in size.
6. Remove the damper from the stick, break it open and add your own topping; jam, butter, whipped cream or anything you like. Enjoy!

