

Warrigal Greens Damper

Season: NAIDOC Week Celebrations

Serves: 20

Fresh from the garden: Warrigal Greens- a native bush tucker food similar in taste to spinach

Equipment:

Electric scales
Measuring cups and spoons
Small saucepan
Colander
Chux cloth
Chopping board
Spatula
Sieve
Large bowl
Baking paper
Baking trays
Pastry brush

Ingredients:

Large handful Warrigal Greens
3 cups self-raising flour
1 tablespoons ground bush tomato or wattleseed (optional)
75 g butter
1 tsp sea salt
1 cup low-fat milk, plus extra for brushing
Butter for serving

What to do:

1. Preheat the oven to 180°C, eco fan setting.
2. Bring a small saucepan of water to the boil. Remove Warrigal Greens leaves from the stem, then slice leaves finely. Discard stems into the worm food. Add leaves to the saucepan and cook for 1 minute. Drain the greens and refresh in cold water. Squeeze out excess water in a clean Chux cloth. Set aside until needed.
3. Sift the flour and salt into the large bowl.
4. Rub the butter into the flour.
5. Make a well in the centre of the flour.
6. Add the milk and Warrigal greens and mix until combined.
7. Knead to form a smooth dough.
8. Form the dough into 20 small rolls and place them on a lined baking tray.
9. Brush each roll with a little extra milk.
10. Bake for 12-15 minutes, until golden. Serve with extra butter.

