

# Small damper

(using yeast)



## Ingredients



## Equipment



1 Put flour & dry yeast in bowl

2 Mix

3 Add salt & margarine

4 Rub in margarine.



5 Make a hollow in the mix

6 Add milk & 6 tablespoons of water

7 Mix with a table knife



8 Punch & fold 3 times then knead 15 times





9 Leave to rise for 1 ½ to 2 hours.



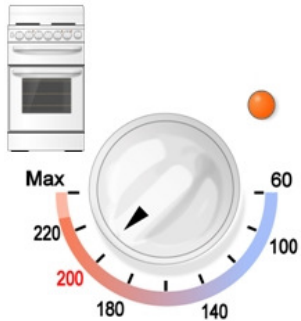
10 Punch, fold, knead and role into a ball.



11 Flour baking tin.



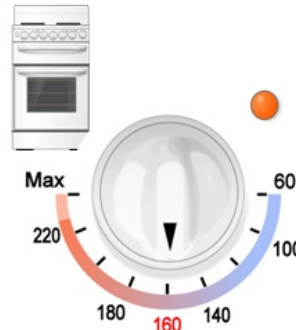
12 Put the dough on tray.



13 Heat oven to 200 degrees C



14 Let dough to rise for 20 to 30 minutes



15 Place in oven. After 10 minutes lower oven to 160 degrees C



16 After another 20 minutes, take the damper from the oven and let it cool



## Food groups

## Serves in 1 small damper



2 serves of flour



½ serve of milk

## Health Professional Facilitator Information

You must at all times use your own professional judgement when using this resource

### **Purpose of resource:**

To support the delivery of practical cooking and nutrition education sessions

### **Key skills:**

This resource could be used to support development of the following skills:

- Independently follow a recipe.

### **Target group:**

This resource is designed to be used by Australians of all ages.

### **Notes:**

This resource is designed to be printed A3 size and then laminated.

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