

Small damper (Soda bread)



Ingredients



Equipment



1 Pre-heat the oven to hot (200 degrees)



2 Add plain & wholemeal flour and mix



3 Add butter, salt & sugar



4 Rub in flour and margarine



5 Make a hollow in the flour



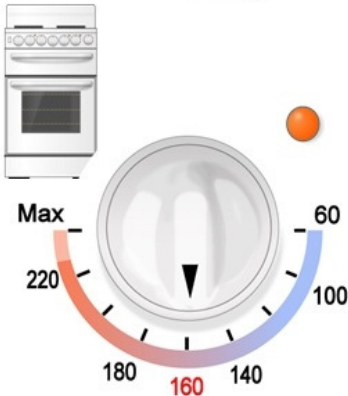
6 Add milk & water



7 Use a knife to mix the dough

8 Dust cutting board & gently knead the dough.

9 Put the dough on a baking tray, & cut a cross. Leave for 10 minutes to rest.



10 Cook for 10 minutes then turn the heat down to 160 degrees

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

12 You can spread with margarine and jam or make a vegetable sandwich

Good food plate



Serves in 1 small damper



2 serves of cereal

½ serve of milk

There is no need to print the following page when printing and using this resource

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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