



Rhoda's Damper Recipe

Rhoda Roberts is our head of First Nations Programming at the Sydney Opera House and a proud member of Bundjalung Nation, Wiyegal Clan of Northern NSW and South East Queensland.

What you need for a savoury style

- 2 cups self raising flour
- A pinch of salt
- 2 teaspoons of sugar
- 1 teaspoon of Olive Oil, extra Virgin the best
- 2 Garlic clove and some herbs
- Slice finely 10 olives (cut out the seeds)
- I do add quite a bit of ground black pepper
- Sesame seeds (as many as you want). I do like them already slightly toasted (makes it crunchy)
- $\frac{3}{4}$ a cup milk or use water

Cooking Method:

- Add all the dry ingredients together with Olive Oil and mix
- Start kneading the bread and add the milk or water
- When cooked in ashes you need to flatten the area with a flat stick; pat it down.
- Place the mixture for about 10 minutes on the ashes
- Cover the whole damper and its top with the ashes and cook for about 20-30 minutes
- You often tell when it's just right by tapping the damper and it will sound hollow, surprisingly the ashes will brush off when it's ready.

“I was taught to bake this by my grandmother in the open coals...the best time to cook is after the fire has burnt down and its all the hot coals, and her secret was if sticky when kneading, add more flour so at the end you can hold it up and it doesn't break.”

