

Greens & Herb Damper

Bialik College Kitchen Garden Program



Bialik College

Ingredients:

- 3 ½ cups self raising flour
- 1 teaspoon salt
- 2 teaspoons sugar
- 40g butter
- ½ cup milk, plus extra for brushing
- 1 ¼ cups water, approximately
- 5 large green leaves from the garden (chard, silverbeet, or kale)
- ½ cup grated cheese
- 2 tablespoons mixed herbs

Equipment:

- metric measuring cups/spoons
- chopping board
- knife
- sifter
- large bowl
- pastry brush
- frying pan
- wooden spoon
- baking trays
- baking paper
- colander

Method:

1. Preheat the oven to 220C.
2. Wash greens and remove the stems.
3. Finely shred leaves and place in a frying pan with a little olive oil. Fry for a few minutes until leaves are wilted. Place in a colander to drain.
4. Finely chop herbs and set aside.
5. Sift flour, salt and sugar into a large bowl and rub in butter.
6. Mix in the greens, cheese and herbs.
7. Stir in milk and enough water to mix into a sticky dough. You may not need all of the water.
8. Turn dough onto floured surface and knead until smooth.
9. Divide in half and shape into rounds. Place onto trays lined with baking paper. Using a knife, mark the rounds into 8 wedges.
10. Brush dough with a little extra milk.
11. Bake for 20 minutes or until golden.