Wattleseed Honey Damper

EASY • 40 MINS

Quintessentially Aussie. Wattleseed damper is a versatile bread that can be topped to your hearts content. Enjoy it warm, spread with soft creamy butter and lashings of Capilano Pure Honey for a lightly sweet and salty breakfast, or afternoon tea. Just add a Capilano-cino.

SKILL LEVEL	PREP TIME	COOKING TIME	SERVINGS
Easy	10 mins	30 mins	4

Ingredients

- 280g (2 cups) self-raising flour (+ extra to dust)
- 1 tbsp ground wattleseeds (+ extra to sprinkle)

Method

1. Preheat oven to 170°C (fan-forced). Line a tray with baking paper.

Visit capilanohoney.com.au to learn how to swap honey for sugar in your recipes.

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alternatively, use 2 tsp instant coffee powder

- ¼ tsp salt
- 30g cold butter, cubed
- 140ml (½ cup + 3 tsp) milk
- 3 tbsp (90g) Capilano Pure Honey

Used in this recipe

Pure Honey

Smooth, sweet and perfectly balanced, generations of Aussies have grown up with Capilano Pure Honey. Made by Aussie bees and their beekeepers, our signature blend of eucalypt and ground flora honey is the taste you know and love.

Make the Sweet Switch
Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes here.

Method

2. In a mixing bowl, combine flour, wattleseeds and salt. Rub cold butter into flour mix until coarse (alternately, pulse in a food processor).

3. In a cup, dissolve honey in milk, then pour ¾ of it into flour mixture. Using a butter knife, mix until combined (if the mixture is too dry, add more of the milk – the dough needs to be soft, but not sticky).

4. Dust work surface with flour. Turn out dough and gently form a ball about 15cm in diameter. Place dough ball onto lined baking tray and flatten slightly.

5. Dust dough with flour and sprinkle over additional wattleseeds. Using a sharp knife, score a cross into the top.

6. Bake for 30 minutes, or until golden and sounding hollow when tapped.

7. Serve hot with lashings of butter and Capilano Pure Honey.

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