



## Native Thyme, Pepperleaf and Saltbush Damper Breads with Roasted Garlic Butter

**Makes: 4 individual damper breads**

### TASTE OF NAIDOC WEEK FACT

To acknowledge and commemorate this year's NAIDOC Week. We have developed a delicious recipe perfect for sharing with family and friends. It incorporates native thyme, pepperleaf and saltbush. Native thyme is found in South Eastern NSW, Eastern VIC and TAS. Native pepperleaf is found in the cold country in southern NSW, VIC and TAS and native Saltbush is found in the semi-arid and arid regions of Australia. All 3 are packed with nutrients, have been widely used for thousands of years by Indigenous Australians as an ingredient or flavouring in cooking and also as a medicinal plant for pain relief.

### INGREDIENTS

- 40gm Whole Garlic Bulb - prick with a fork 4 times.
- 80gm Unsalted Butter - warm to room temperature and cut into 2cm dice.
- As Required - Canola Spray Oil
- As Required - Baking Paper
- 225gm Self Raising Flour - sieve.
- 1/4 tsp Cooking Salt
- 1/2 tsp Native Thyme Leaves
- 1/2 tsp Pepperleaf Leaves
- 2 tsp Saltbush
- 180ml Full Cream Milk - warm to room temperature.
- 20ml Full Cream Milk

### METHOD

1. Preheat an oven to a moderate temperature - 160°C.
2. Place the garlic bulb onto a roasting tray. Place into the oven and roast for 50 minutes or until the bulb has softened. Remove from the oven, allow to cool. Slice off 1/2 cm from its base, then squeeze out the garlic puree and mash to a smooth puree with a fork.
3. In a mixing bowl, add the garlic puree and butter. Using a whisk, beat until the mixture is pale, creamy and smooth. Place in a serving dish and set to one side.



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4. Increase the oven to a moderate/high temperature - 200°C.
5. Lightly spray oil and line with baking paper the base of a baking tray.
6. In another mixing bowl, add the self raising flour, salt, native thyme leaves, pepperleaf leaves and saltbush and mix to combine.
7. Add the 180ml of milk (add in small batches, you may not need it all) and mix until the mixture comes together to form a dough.
8. Divide the dough into 4 equal portions and shape into small round breads - approximately 6cm in diameter and 5cm in height. Place the breads on the prepared baking tray - allowing enough space between each to allow the breads to increase in size during the cooking process. Using a sharp knife, score a cross on the top of each bread to a depth of 1/2 cm. Brush the top of each with the remaining quantity of milk.
9. Place the breads into the oven and bake for 20 minutes or until they have risen, are cooked through, and are crusty and golden. Remove from the oven and allow to cool for 5 minutes.

## TO SERVE

On a serving board or platter, place the warm saltbush, pepperleaf and native thyme damper breads, next to the breads place the roast garlic butter.

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