

Culinary Freedom

Extracts from *The Australian Women's Weekly Gluten-Free Cookbook*.
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kumara damper

This recipe is gluten-free, wheat-free, yeast-free and egg-free

1 2/3 cups (225g) gluten-free self-raising flour
1 teaspoon caster sugar
1/4 teaspoon salt
20g butter
1/2 cup cold mashed sieved cooked kumara
1/2 cup (125ml) buttermilk
2 tablespoons water, approximately
2 teaspoons milk, approximately
2 teaspoons gluten-free self-raising flour, extra

- 1 Preheat oven to 220°C/200°C fan-forced. Oil oven tray.
- 2 Sift dry ingredients into large bowl; rub in the butter. Add kumara, buttermilk and enough of the water to mix to a soft, sticky dough. Knead dough lightly on floured surface until smooth.
- 3 Divide dough into four equal portions. Roll each portion into rounds, place on tray. Cut cross through top of dough, about 5mm deep. Brush tops with milk, then dust with extra sifted flour.
- 4 Bake dampers about 35 minutes.

prep + cook time 50 minutes **makes** 4
nutritional count per damper 5.2g total fat (3.2g saturated fat); 543kJ (130 cal); 56.5g carbohydrate; 2.8g protein; 1.5g fibre

tip You will need to cook 250g kumara for this recipe.

storage Dampers are best made and eaten on the same day. They can be frozen for up to 3 months. Thaw in the oven, wrapped in foil.

