



Pumpkin Damper with Australian Bush Herbs & Cheese



DIFFICULTY: EASY



PREPARATION TIME: 25
MINS



COOKING TIME: 45 MINS

Ingredients

Damper

- 3 cups SR flour
- 2 tbsps Gerwurzhaus Australian Bush Herbs
- 1 cup grated Jarlsberg cheese
- ½ cup chopped pecans
- 1 cup mashed pumpkin
- 200ml buttermilk
- 1 egg, lightly beaten

Topping

- 2 tbsps pumpkin seeds
- 2 tbsps sunflower seeds
- 2 tbsps Gerwurzhaus golden sesame seeds
- 1 tsp Gerwurzhaus Australian Bush Herbs
- 1 tbsp olive oil

You will need 300g – 350g pumpkin for this recipe. This can be peeled, diced & cooked on FullSteam 100°c for 20 minutes or until cooked. Cool and mash.

Notes

Method

Preheat oven on CircoTherm to 180°c. Line the universal pan with baking paper.

Sift the flour into a large bowl. Stir in the bush herbs, grated cheese & pecans.

Combine the pumpkin, egg and buttermilk and mix well. Add to the dry ingredients and mix until the dough just comes together.

Turn onto a lightly floured surface and knead lightly until smooth. Place onto lined tray and shape into a disc approximately 22cm in diameter.

Combine all the topping ingredients & sprinkle over the dough then score into 8 wedges.

Bake for 40 to 45 minutes or until golden & cooked.