

# Pumpkin damper

By Ian Haines

Monday 21

June 2010

11:00am



- **PREP TIME**  
0:15
- **COOK TIME**  
0:00
- **SERVES**  
4

Recipe Rating  
(0)

Pumpkin damper

Image:

Ian Haines

## Ingredients

2 cups self raising flour

500g of cooked pumpkin mashed with 1 tablespoon of honey

$\frac{1}{2}$  teaspoon of ground cumin (or more if you like)

$\frac{1}{2}$  teaspoon of salt

$\frac{3}{4}$  cup of milk (or milk and cream) approx

## Method

Pre-heat oven to 220C (200C for a fan oven).

The pumpkin can be steamed or boiled for mashing. However if you have time dice the pumpkin, toss in the honey then roast this in the oven to caramelize it (but don't burn it!).

In a bowl mix together all the ingredients except the flour. Then add the flour and form it into a dough. If it's too wet add a bit more flour, if it's too dry a bit more water. It will be a sticky dough but should be manageable!

Shape into a cob shape (not too high). Slash top with a knife and place on a greased and floured baking tray.

Brush with milk and bake for around 25 to 30 minutes.

Baste with the milk several times during baking.

The damper should sound hollow when bottom is tapped.

As we head into winter and hearty soups come to the fore, this is a relatively easy bread to make to accompany a soup. Than any leftovers (if there are any) toast really well for breakfast!

## Credits

*plusminus*

### Credits

- Chef Ian Haines