

Gluten Free Pumpkin Damper

Equipment:

Measuring cups and spoons
Large bowl
Large frying pan
Chopping board
Large knife
Egg flip
Wooden spoon

Ingredients:

1.5 kg butternut pumpkin, peeled, chopped
160 g butter (or Nuttelex), softened
4 eggs, (or egg replacement)
4 cups gluten-free self-raising flour
2 teaspoon sea salt flakes
4 tablespoons rice milk, approximately
4 tablespoons crushed toasted pepitas

What to do:

1. Steam or microwave pumpkin until tender; drain well. Mash pumpkin in a large bowl until smooth. You will need 2 cups mashed pumpkin for this recipe. Cool to room temperature.
2. Lightly toast the pepitas seeds in a frypan. No need to use any oil. Then lightly crush these seeds in a mortar and pestle.
3. Meanwhile, preheat the oven to 220°C. Lightly dust a baking tray with flour.
4. Beat the butter until it is smooth and soft. You might like to do this with a wooden spoon or electric mixer.
5. Add eggs (or egg replacement), beat until combined. Stir in the pumpkin.
6. Transfer mixture to a large bowl; stir in flour, salt and enough milk to mix to a soft dough. Avoid overmixing this dough.
7. Knead dough gently on lightly floured surface until smooth. Divide dough into 10 pieces. Shape each piece into a round; place rounds on the prepared tray, about 5cm apart. Lightly score a small cross in the top of each round. Brush rounds lightly with a little milk and sprinkle with pepita seeds.
8. Bake dampers for about 20 minutes or until browned and sound hollow when tapped. Serve warm with extra butter (or nuttelex) and golden syrup, if desired.