

PARMESAN SPINACH DAMPER



Ingredients Makes 8 rolls

2 cups self-raising flour
1 cup wholemeal self-raising flour
6-8 spring onions
½ cup parmesan cheese

100 grams butter
125 grams frozen spinach
1 egg
2/3 cup buttermilk

Equipment

Large bowl
Kiddies Food Kutter-
Scrap bowl
Chopping board
Metal spoon
Measuring jug

Measuring cups
Baking trays
Fork
Oven mits
Food scales

Method

1. Collect flours in large bowl
2. Measure butter
3. Chop spring onions
4. Squeeze out moisture from spinach
5. Rub butter into flours until mixture resembles breadcrumbs
6. Add chopped spring onions, parmesan and spinach
7. In small bowl crack egg and whisk
8. Collect butter milk in a jug and add egg to butter milk
9. Add wet ingredients to well in the centre of dry ingredients
10. Using metal spoon combine mixture until dough is formed
11. Knead until just combined, divide into 8 rounds
12. Bake at 200°C for approximately 15 minutes or until golden brown
13. Serve with Beetroot Relish and enjoy! Best eaten warm.

BEETROOT RELISH

Ingredients

2 teaspoons olive oil
1 medium brown onion, finely chopped
1/3 cup brown sugar

1/4 cup red wine vinegar
440g can whole baby beetroots, drained finely chopped
1 fresh bay leaf

Equipment

Kiddies Food Kutter -
contact The Travelling Kitchen to order
Scrap bowl
Chopping board
Saucepan

Method

1. Heat oil in a saucepan over medium heat.
2. Add onion. Cook, stirring occasionally, for 5 minutes or until softened.
3. Add sugar, vinegar, beetroot, bay leaf, and 1/2 cup cold water.
4. Bring to the boil. Reduce heat to low.
5. Simmer for 25 minutes or until liquid has almost evaporated. Season with salt and pepper.