

Recipe | Dampers



The word classic does not do justice to this great camp fire treat.

Have fun with it by filling the dampers with different fillings!

Makes 4 servings

500g self-raising flour

75g caster sugar

200ml water

A foil-covered stick

Chocolate spread

Jam

- 1.** Put your flour and sugar in a bowl and mix well. Gradually add the water a little at a time and knead gently until it forms a soft dough. Divide the dough into eight equal-sized pieces.
- 2.** Roll each piece of dough in your hands until it is a long and thin sausage shape. Wrap it around a foil-covered stick and press to ensure it is well fixed in place.
- 3.** Turning regularly, carefully hold the stick over an even heat (campfire or barbecue) for 10 minutes until hard to the touch.
- 4.** Carefully slide the dampers off the stick and fill the cavity down the centre with chocolate spread or jam.

Variations

Remove the sugar from the recipe and add a small amount of salt, maybe some grated Parmesan cheese or dried thyme for a savoury version.

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This recipe was taken from [The Essential Camping Cookbook](#) that is available to purchase on Scout Shops.