

Dough Twists (dampers)

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Top tip

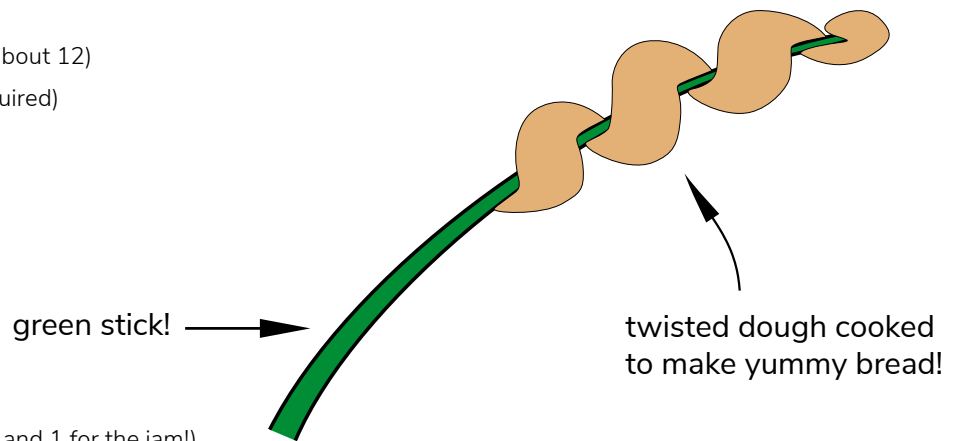
For a savoury snack twist the dough round a pre-cooked sausage and cook.

Ingredients

- 500g self raising flour (makes about 12)
- 400ml water (more may be required)
- Jam (strawberry is yummy!)

Utensils

- Fire!
- 1 x measuring jug
- 1 x mixing bowl
- 2 x spoons (1 for mixing dough and 1 for the jam!)
- Live (green) sticks (1 per person to cook the twists on)
- Hand washing facilities/ a cloth for doughy/sticky hands!



Method

1. Make the dough by mixing the flour and water together until you get a nice doughy consistency. (You may need to add more than 400ml of water. Add a bit more flour if it is too sticky!)
2. Peel about 15cm of bark off the top of each stick. (Remember - they need to be long enough to reach into the fire without getting burnt and strong enough to hold the dough) Each stick needs to have its bark peeled so it is hygienic to cook on - the green part that is revealed should be free from germs. Dead sticks should not be used.
3. Twist the dough around the stick and cook over embers until golden brown.
4. Once cooked, spread with jam and eat!

Be careful - it will be very HOT!