

# Nature at home

Experience the magic of  
Forest School from home!

## Bake Damper Bread

Make your own bread from scratch!

Usually we bake this over the campfire but you can make it at home in the oven.

Step One

Preheat the oven to 180c/ gas mark 5.

First, wash your hands. Then mix the flour, water and salt together with your hands until it is a gooey dough texture.

Make 6-8 balls of dough, and then roll them out into sausages.

Step Two

For an open fire, you would wrap the dough around a stick. For baking inside, you can now shape your sausages into any shape you want to bake, but keep them all roughly the same thickness. Lay your shapes out on the baking tray.

Step Three

Ask your adult to put the tray into the oven. Bake until golden brown. This should take around 10 minutes, depending on how thick your bread shape is. Take out and cool on a rack. Eat and enjoy with jam, cheese or your favourite foods!

### Kit List

- Flour, 1 mugful or 250g
- Water  $\frac{1}{4}$  of a mugful or 100ml
- Mixing bowl
- Baking tray (greased with fat or lined with baking paper)
- Pinch of salt
- Adult assistance for putting in and out of oven

*You could make your bread into animal shapes or faces!*

*Image thanks to Little Miss Bento*



City of Westminster



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KENSINGTON  
AND CHELSEA