PUMPKIN DAMPER

(preheat oven to 200°C)

**Ingredients:**
- 6 cups SR flour
- ½ teaspoon salt
- 1 ½ cups water
- 1 cup cold mashed pumpkin
- 1 teaspoon mixed herbs (optional)
- Extra plain flour, 1/4 cup milk

**Equipment:**
- large bowl
- measuring cups/spoons/jugs
- large mixing spoon, sifter
- steamer /masher
- baking trays
- Serving trays, pastry brush

**Method:**
1. Peel chop pumpkin in small pieces, steam for 10 min.
2. Sift flour and salt into bowl, add herbs, make well in middle
3. Add water, mix through, form into large ball, tip onto floured board
4. Shape to size, brush with milk,
5. Cook 30mins for large shape or 15mins for individual sizes.