



Tasmanian Dockseed Damper with Hawthorn & Wild Apple Jelly

Recipes by Rees Campbell

INGREDIENTS

- 2 cups Self Raising Flour
- ¼ cup dock flour or more
- 1 tsp baking powder (optional, but helps lighten the damper)
- 1/2 tsp salt

DIRECTIONS

1. Rub butter into flours, baking powder and salt till it is crumbly.
2. Make a well in the centre and pour in most of the milk. Stir till the dough comes together. Use the rest of the milk if needed.
3. Form into a round, flattened loaf and place on a greased or paper lined tray. (It's traditional, to cut a big cross in the top which allows greater surface area so it cooks right through.)



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INGREDIENTS CONTINUED

- 1 Tbsp butter
- 1 ½ cup milk and water mix

JAM INGREDIENTS

- 500g Haws
- 500g roadside apple or crabapples
- 500g sugar
- 1 or 2 lemons

DIRECTIONS CONTINUED

4. If in an oven – bake at 220C oven for 15-20 minutes then lower the heat to 175C for another 5 minutes or so. It should be golden brown and sound hollow when you tap the bottom.

1. Wash and drain haw berries and fruit.
2. Chop up the apple and lemons - skin, core and all – and place in a saucepan with the berries. Just about cover with cold water, and then bring gradually to a simmer.
3. Cook gently for about 30 – 60 minutes, until the fruit is soft and mushy and the liquid is red. Strain through a jelly bag if you have one and leave to drip for at least a couple of hours. Do NOT squeeze out – or it will go cloudy.
4. Measure the juice, put into a clean pan and discard the fruit pulp. Bring juice slowly to simmer.
5. Add ¾ sugar to 1 measure juice. Stir until completely dissolved.
6. Boil rapidly until setting point is reached (either by saucer test or 104.5C on a sugar thermometer).
7. Pour the juice into warm sterilised jars and seal.

This jelly will keep for at least a year, though probably even longer.



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Using and Preparing Dock Seed

Nutritionally the dock seed plant (*Rumex* spp) is much regarded for its high levels of vitamin A and C and Iron while the seeds are used in baked goods. The seeds have a slight tart nutty flavour, and can be roasted and ground to a flour (including the husks) to use in any baking. They are also edible raw. The seeds can also be part of gruel or porridge meals adding a tangy flavour.

The seeds form clusters on a spike of up to 50,000 per plant. Each three wings spanning out of each seed called valves and are about 2 to 6 mm wide.

First collect your weed / introduced dock seed when it is fully ripe, which will be when they're a rusty red colour and the leaves have shrivelled off the plant somewhat. The seeds form clusters on a spike of up to 50,000 per plant. Each three wings spanning out of each seed called valves and are about 2 to 6 mm wide. Don't bother husking the seeds, the extra cellulose will be perfectly digestible fibre.

Wash the seeds to remove the dust and debris collected on them.

After the seeds are washed, soak them for about 24 hours. This makes the seed more easily digested and the nutrients more accessible. It also gives the end result a better taste and texture.

Now dry the seeds out again by spreading them in a thin, even layer in a sunny place protected from the wind, or by using a dehydrator.

Once the seeds are dry again, toast them for about 5-10 minutes 150- 175 C in the oven, or until they develop a very nice nutty aroma. This isn't strictly necessary but greatly improves the flavour. Cool the seeds completely before grinding. They can be stored in a glass container whole, but the grinding process reduces the volume considerably, so it's easier to store.

A mortar and pestle can be used, but a high speed blender or food processors are wonderful tools. Grind the seed to the consistency you prefer.



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Dock flour does not contain any gluten, so will impact the texture and lightness of baked goodies. As a rule of thumb 5-10% of dock flour to wheat flour works well. You can add much more in recipes which don't need any rising agents like seed crackers etc, where the dark brown dock flour adds a great colour and taste.

Using and Preparing Hawthorn

Hawthorn, *Crataegus monogyna*, is an introduced feral and considered a 'naturalised' plant by 1896. It was brought out from Europe as a traditional tree of hedgerows, used instead of wire fences as they create an impervious barrier with their incredibly sharp thorns — the name hawthorn means 'thorny hedge'. It is a nuisance weed in bush situations as it will grow rapidly as a dense understorey, blocking out native plants. Birds love the berries and spread the plant into the bush.

Hawthorn is very common along roadsides and old fence lines, especially in the midlands. In summer and autumn, mature hawthorn trees are covered with thousands of bright red berries hanging in clusters. These berries can be picked and used in many different recipes for their brilliant colouring, mild flavour and nutritional and medical value. Haw berries are thought to be good for the heart. The young leaves and buds are edible, and were traditionally used in salads and spring puddings. Berries freeze very well: simply wash, dry and freeze for use in preserves. Flowers are used in syrups, desserts and liqueurs. Even the dried leaves were used as a tea substitute. Berries freeze very well — simply wash, dry and freeze for use in preserves. Be aware the seeds (like apple seeds) contain cyanide.

Hawthorn berry is a rich source of polyphenols, which are powerful antioxidant compounds, and are purported to lower the risk of some cancers, type 2 diabetes, asthma, some infections and heart disease. In traditional Chinese medicine, hawthorn berry is one of the most commonly recommended foods to help treat high blood pressure. Some studies indicate that hawthorn extract may improve blood cholesterol levels due to its flavonoid and pectin content.



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