

AMISH FRIENDSHIP BREAD

Do not use metal utensils or bowl for mixing. Do not refrigerate. If air gets in the bag, burp it. It is normal for the batter to rise, bubble and ferment.

Starter: In a small bowl, dissolve yeast in water. Let stand 10 minutes. In a 2 quart container glass container, combine:

1 pkg active dry yeast
¼ cup warm water
1 cup flour
1 cup sugar
1 cup milk

In a small bowl, dissolve yeast in water. Let stand 10 minutes. In a 2 quart container glass container, combine flour and sugar. Mix thoroughly or flour will lump when milk is added. Slowly stir in 1 cup milk and dissolved yeast mixture. Cover loosely and let stand until bubbly. Consider this day 1 of the 10 day cycle. Leave loosely covered at room temperature.

Day 1 This is the day (date on the bag) you receive the starter.
Day 2,3,4,5 Mash the bag
Day 6 Add to the bag: 1 cup flour, 1 cup sugar, 1 cup milk. Mash the bag.
Day 7,8,9 Mash the bag
Day 10 It's time to share the starter and bake the bread as follows:

Pour entire contents of bag into plastic or glass bowl. Add the following:

1 ½ cup flour
1 ½ cup sugar
1 ½ cup milk

Stir until well-blended. Make four separate starter bags by measuring out 1 cup each into 4 - 1 gallon zip-loc bags. Keep one starter for yourself and give the other three to family and friends along with a copy of the recipe. Be certain to date the bag so the recipient will know when to add ingredients.

To bake the bread:

Preheat oven to 325. Grease 2 large loaf pans.

Mix 1/2 cup sugar and 1-1/2 tsp cinnamon. Dust the greased pans with half of the mixture.

Add to the remaining batter (1-1/2 to 2 cups):

3 ea eggs
1 cup vegetable oil
½ cup milk
1 cup sugar
½ tsp vanilla
2 cup flour
1 5.1 oz box instant vanilla pudding
2 tsp cinnamon

1 ½ tsp baking powder
½ tsp baking soda
½ tsp salt

Pour batter evenly into the 2 pans, sprinkle remaining sugar/cinnamon mixture on top. Bake 1 hour. Cool bread until it loosens from the sides of pan. Turn onto serving dish. Can be frozen. Wrap with wax paper and store in zip-loc bag. Add 1/2 to 1 cup oatmeal, nuts, raisins and more to the mix for variety. It takes ten days from start to finish... makes a tasty gift.

Source: Nancy Perrin (2007)

There is an angel watching over you in good times,
Trouble, or stress.
Her wings are wrapped around about
Whispering
You are loved and blessed.
-- Amish Blessing --