

Amish Friendship Bread

Please note the following:

- Don't use metal spoons or equipment.
- Do not refrigerate.
- If air accumulates, remove it.
- It is normal for the batter to rise and ferment.
- Use only glazed ceramic or plastic bowls or containers (bags).

To get started you need:

1 cup live yeast starter – this is in the bag that you received with this letter

day 1: ...Do nothing with the starter. (this is the day the bag is dated)

days 2: ...Mash the bag, or stir with a wooden spoon.

days 3: ...Mash the bag, or stir with a wooden spoon.

days 4: ...Mash the bag, or stir with a wooden spoon.

day 5:...Add 1 cup flour, 1 cup sugar, and 1 cup milk. Mash the bag, or stir with a wooden spoon.

days 6:...Mash the bag, or stir with a wooden spoon.

days 7:...Mash the bag, or stir with a wooden spoon.

days 8:...Mash the bag, or stir with a wooden spoon.

days 9:...Mash the bag, or stir with a wooden spoon.

Day 10:

- Pour the entire contents into a non-metal bowl.
- Add 1½ cups of flour, 1½ cups of sugar and 1½ cups of milk.
- Stir.
- Take out 4 cups and place 1 cup each into four separate plastic bags.
- Give one cup and a copy of this recipe to four friends.
- You can of course keep one bag to make the bread in another 10 days, or would like to share it with more of your family and friends.

Don't forget to include this recipe with the starter mix.

You can start this mix from scratch with a package of regular baker's yeast and the ingredients that are used to maintain the starter mix (1 cup flour, 1 cup sugar, and 1 cup milk).

I found this Amish friendship Bread recipe on www.asknardo.com/amish-friendship-bread.php

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Now you are ready to bake your bread. Preheat oven to 325 degrees Fahrenheit (160 degrees Celcius).

To the remaining batter (a little over one cup), add the following ingredients and mix well.

1 cup of vegetable oil
½ cup milk
3 eggs
½ tsp vanilla

In a separate bowl combine the following dry ingredients and mix well:

2 cups flour
1 cup sugar
1½ tsp baking powder
2 tsp cinnamon *
½ tsp baking soda
1 or 2 (5.1 oz; 145 g) box(es) instant vanilla pudding – just the powder *
(vanilla, lemon, chocolate, pistachio – they all work well)
½ tsp salt
1 cup nuts

Add dry ingredients to wet ingredients.

OPTIONAL:

Add nuts, cranberries, raisins and/or sliced almonds to the mix.

Grease 2 large loaf pans and dust with cinnamon sugar or sugar. Pour batter into the pans $\frac{3}{4}$ full, as the batter will rise during baking.

Sprinkle more cinnamon sugar on top.

Bake for 75 minutes

Cool about 10 minutes.

Loosen loaf from sides, and turn out.

ENJOY!

** Some variations:*

- *Replace cinnamon and (vanilla) pudding by two mashed bananas*
- *Add one cup of raisins and one small diced apple.*

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