

Amish Friendship Bread

Please note: DO NOT use any type of metal spoon or bowl for mixing. DO NOT refrigerate. It is normal for the batter to rise and ferment.

- Date
- _____ DAY 1 - Do nothing (This is the day you receive the batter. The bag is dated.)
- _____ DAY 2 - Mash the bag - squeezing several times.
- _____ DAY 3 - Mash the bag
- _____ DAY 4 - Mash the bag
- _____ DAY 5 - Mash the bag
- _____ DAY 6 - Add to bag: 1 cup flour, 1 cup sugar, 1 cup milk. Mash the bag
- _____ DAY 7 - Mash the bag
- _____ DAY 8 - Mash the bag
- _____ DAY 9 - Mash the bag
- _____ DAY 10 - Do the following:

1. Pour entire contents of bag into a NON-METAL bowl. Add 1½ cups flour, 1½ cups sugar, and 1 ½ cups milk. Mix with a WOOD or PLASTIC spoon.

2. Measure out 4 separate batters of 1 cup each into 4 Ziploc 1-gallon bags. This means you give a bag, along with this recipe, to 3 friends and keep one bag for yourself. (Note: If you keep a starter, you will be baking bread every 10 days.) The bread makes a great gift. Only the Amish know how to create a starter, so if you give them all away, you'll have to wait until someone gives you a starter back. *Should this recipe not be passed on to a friend the first day, be certain to tell them which day the batter is at when it is presented to them.*

3. To the remaining batter in the bowl, add:

- 3 eggs
- 1 cup canola oil
- 1 cup sugar
- ½ cup milk
- 1 tsp cinnamon
- 1½ tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- 1 tsp vanilla
- 2 cups flour
- 1 large box (or 2 small boxes) instant vanilla pudding

In a separate bowl, mix 1 tsp cinnamon and 2 Tbsp sugar. Sprinkle ½ of it into the bottoms of 2 well-greased bread pans. Pour the batter in equal amounts on top of this cinnamon mix and then sprinkle with the remaining cinnamon sugar mix.

Bake at 325 degrees for about 1 hour, or until toothpick inserted comes out clean.

Amish Friendship Bread Starter

1 pkg. active dry yeast
1/4 cup warm water (110°F)
3 cups all-purpose flour
3 cups white sugar
3 cups warm milk (110°F)

Directions:

Before beginning, please remember: Do not use metal utensils. Do not refrigerate. The starter takes 10 days to ferment.

Day 1:

In a small bowl, soften yeast in warm water for about 10 minutes. Stir well. In a 2 quart glass or ceramic container, combine 1 cup sifted flour and 1 cup sugar. Mix thoroughly or flour will lump when milk is added. Slowly stir in warm milk and dissolved yeast mixture. Cover tightly with lid or plastic wrap. The mixture will get bubbly. Consider this Day 1 of the cycle.

Day 2 through 4:

Stir with wooden or plastic spoon.

Day 5:

Stir with wooden or plastic spoon. Add 1 cup sifted flour, 1 cup sugar and 1 cup warm milk; stir.

Day 6 through 9:

Stir with wooden or plastic spoon.

Day 10:

Stir with wooden or plastic spoon. Add 1 cup sifted flour, 1 cup sugar and 1 cup warm milk and stir. Remove 1 cup to make your first loaf of bread. Give 1 cup to a friend with this starter recipe and your favorite Friendship Bread recipe. Use the remaining cup to begin the 10 day process over again. You can freeze the remaining cup for later use. Frozen starter takes at least 3 hours at room temperature to thaw before use. Do not thaw starter in microwave.

Note:

This starter is used to make sweet cinnamon bread (Amish Friendship Bread). For variations at baking time; add your favorite fruits, vegetables, chocolates, seeds, nuts, etc.



starter

bread

Sources:

A friend, allrecipes.com, and foodgeeks.com