

# Recipe

## AMISH FRIENDSHIP BREAD

### FROM THE HEARTH AND HOME OF LYDIA

*Just as Lydia's Amish recipes call for special ingredients, she knows every situation in life calls for special items, too—a dash of hope, blended with sweet friends and faith. Not always in that order!*

#### Ingredients:

2 cups Amish Friendship Bread starter (see page 2)  
½ cup vegetable oil  
½ cup applesauce  
1 cup granulated sugar  
1 teaspoon vanilla extract  
3 eggs  
½ cup milk  
2 cups all-purpose flour  
1 ½ teaspoon baking powder  
½ teaspoon baking soda  
½ teaspoon salt  
2 teaspoon ground cinnamon  
1 cup chopped walnuts  
½ cup raisins  
½ cup dates, pitted & chopped

#### Directions:

1. Preheat oven to 325 degrees F.
2. Lightly grease two 9 x 5-inch loaf pans.
3. In a large bowl, stir together Amish Friendship Bread starter, oil, applesauce, sugar, vanilla extract, eggs and milk.
4. In another bowl, combine flour, baking powder, baking soda, salt and cinnamon.
5. Once combined, stir these dry ingredients into the starter mixture.
6. Next, fold in the chopped walnuts, raisins and dates.
7. Pour the batter in even amounts into prepared pans.
8. Bake for 50 to 60 minutes or until inserted knife comes out clean.
9. Let cool completely.

Cook's Note: Mashed bananas, shredded zucchini, shredded carrots or chopped apples may be added if desired to make the bread of your choice!

# Recipe

## AMISH FRIENDSHIP BREAD STARTER

### RECIPE YIELDS 6 CUPS STARTER

*Just as Lydia's Amish recipes call for special ingredients, she knows every situation in life calls for special items, too—a dash of hope, blended with sweet friends and faith. Not always in that order!*

#### Ingredients:

1 (.25 oz.) package active dry yeast  
1 cup warm water (110 degrees F)  
3 cups all-purpose flour, divided  
3 cups granulated sugar, divided  
3 cups warm milk (110 degrees F),  
divided

#### Directions:

Day 1:

1. In a small bowl, dissolve yeast in water. Let stand 10 minutes.
2. In a 2-quart container, combine 1 cup flour and 1 cup sugar. Mix thoroughly so that flour doesn't lump when you add milk.
3. Slowly stir in 1 cup milk and dissolved yeast mixture.
4. Cover loosely and let stand at room temperature until bubbly.

Days 2, 3, and 4: Stir starter with a wooden spoon.

Day 5: Stir in 1 cup flour, 1 cup sugar and 1 cup milk.

Days 6, 7, 8, and 9: Stir starter with a spoon.

Day 10: Stir in 1 cup flour, 1 cup sugar and 1 cup milk.

Remove 1 or 2 cups to make your first bread, give three cups to friends along with the recipe. Store the remaining starter in a container in the refrigerator and start the 10-day process all over again.

To freeze: You can also freeze this starter in 1 cup measures for later use. Frozen starter will take at least 3 hours at room temperature to thaw before using.

# Recipe

## AMISH PEANUT BUTTER SPREAD

### SERVE WITH FRIENDSHIP BREAD

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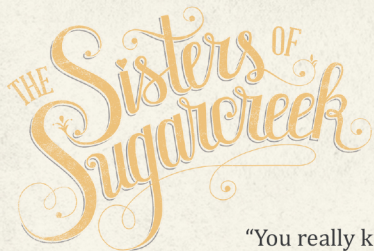
#### Ingredients:

- 2 ½ cups brown sugar
- 1 ¼ cup water
- ¼ cup white corn syrup
- 3 cups peanut butter
- 2 cups marshmallow crème

#### Directions:

1. Bring the brown sugar and water to a boil.
2. Remove from heat and allow to cool slightly. Then stir in the corn syrup, peanut butter, and finally the marshmallow crème until well blended.
3. Spread may be stored at room temperature.





## BOOK EXCERPT

from THE SISTERS OF SUGARCREEK

"You really know how to make peanut butter spread?" Liz asked.

"You can be mighty sure I do." Lydia laughed. "My *maam* started me on chores when I was *verra* young, growing up in Pennsylvania. Making the spread is one of the first things I wanted to learn to do."

"I can never get enough peanut butter spread," Liz confessed. "That's another thing you'll need to teach me to make as soon as my kitchen gets fixed. Oh, my. Fry pies and peanut butter spread. There go my weight-watching efforts again."

Lydia chuckled. "I'll be glad to show you how anytime you'd like, Liz."



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