

Amish Friendship Bread Starter

“If you haven’t received a bag of Amish Friendship Bread starter but would like to make the bread, this is the recipe for starting your starter.”

Ingredients

1 (0.25 ounce) package active dry yeast
1/4 cup warm water (110° F/45° C)
1 cup all-purpose flour
1 cup white sugar
1 cup milk

Directions

1. In a small bowl, dissolve yeast in water. Let stand 10 minutes.
2. In a 2-quart glass, plastic or ceramic container, combine 1 cup flour and 1 cup sugar. Mix thoroughly with a whisk or fork.
3. Slowly stir in 1 cup milk and dissolved yeast mixture.
4. Cover loosely and let stand at room temperature until bubbly. Consider this day 1 of the 10 day cycle. For the next 10 days handle starter according to the instructions for Amish Friendship Bread.

Kitchen Notes

The starter should be left at room temperature. Drape loosely with dish towel or plastic wrap. Do not use metal utensils or bowls. If using a sealed Ziploc bag, be sure to let the air out if the bag gets too puffy.

Also, when you make a starter from scratch, you can sometimes end up with a much greater yield than 4 cups depending on the temperature of your kitchen and eagerness of your starter! If this happens, reserve one cup for baking and divide the remaining batter into Ziploc baggies of 1 cup each to freeze or share with friends.

For instructions and the recipe for Amish Friendship Bread go to <http://www.friendshipbreadkitchen.com/pantry/amish-friendship-bread-starter> and <http://www.friendshipbreadkitchen.com/amish-friendship-bread>

Nutritional Information

Approximate nutritional information, per cup: 600 calories, 4 g fat, 2 g saturated fat, 10 mg cholesterol, 50 mg sodium, 133 g carbohydrate, 2 g fiber, 92 g sugar, 9 g protein
Nutritional analyses by Joannie Dobbs, Ph.D., C.N.S.