# A FRIENDSHIP BREAD KITCHEN COOKBOOK

# Quick & Casy Amish Friendship Bread Recipes



An Amish Friendship Bread Primer with Over 50 Recipes to Bake and Share with Others

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#### "FRIENDSHIP IS THE BREAD OF THE HEART." MARY RUSSELL MITFORD

# Welcome to the Kitchen

a note from Darien Gee

The Friendship Bread Kitchen was born in 2009 while I was doing research for my novel, *Friendship Bread* (Ballantine Books). The mission was simple: meet likeminded people who loved Amish Friendship Bread as much as I did, and maybe even swap a few recipes.

As the weeks progressed, the Kitchen started to grow. You know how Amish Friendship Bread starter bubbles and froths and then almost doubles in size? That's what was happening in the Kitchen. New people showed up every day. I posted literary quotes about friendship, found funny videos and inspiring blog posts about all things Amish Friendship Bread. I met lots of terrific people. I added more recipes and pictures of the bread. I met even more terrific people.

#### We kept growing and growing.

We now have an online and Facebook community that's over 75,000 Kitchen Friends strong. I've gone on to write more novels in the bestselling Friendship Bread series, and our website has become the go-to place for all things Amish Friendship Bread. It's my goal to make sure you have lots of choices on how to use your one cup of starter, whether it was passed on to you or if you made it yourself.



Quick and Easy Amish Friendship Bread Recipes: Over 50 Amish Friendship Bread Recipes to Bake and Share with Others contains many of my favorite Amish Friendship Bread variations, plus a few glazes and frostings. Many of the recipes offer an "At-a-Glance" feature, which means that finding your next Amish Friendship Bread recipe is super quick and easy—just glance at the short list of substitutions, additions or omissions as indicated to decide which recipe is right for you.

Every recipe yields two loaves, so consider keeping one and sharing the other with a friend, family member, co-worker, postal carrier, teacher, even a stranger! The spirit of the bread is what's kept it going all this time, and sharing what we have with others is part of what makes our human experience great.

So pull up a chair, grab a cup of coffee or tea, and have fun choosing and experimenting with a recipe that may be new for you. Welcome to the Friendship Bread Kitchen!

#### "THE BIRD, A NEST; THE SPIDER, A WEB; MAN, FRIENDSHIP." WILLIAM BLAKE

# What is Amish Friendship Bread?

Amish Friendship Bread is about friendship and community. It's about connection, it's about fun. It's about sharing what you have with others, about nurturing other people. It's about not taking anything too seriously, but finding the simple joy and pleasure in every moment. Amish Friendship Bread is, in short, a recipe for living.

If you were to look up Amish Friendship Bread on Wikipedia, you'd find this: "Amish Friendship Bread is a type of bread or cake made from a sourdough starter that is often shared in a manner similar to a chain letter. The starter is a substitute for baking yeast and can be used to make many kinds of yeast-based breads, shared with friends, or frozen for future use."

If you were to ask a real live person who has made Amish Friendship Bread, you might hear something like this: "It's a gloopy, unappetizing substance in a bag that you mash for ten days before baking the most heavenly bread in the world."

Amish Friendship Bread operates on a similar principle as a (culinary) chain letter-"pass it on"-but with no threats or negative repercussions if you choose not to participate. You receive a bag of starter (which usually equals I cup) and stir or mash it for 10 days. On Day 6 and Day 10, you "feed" it with flour, sugar and milk. At the end of the ten days, you divide it into equal portions of I cup each, bake with one portion, and give the others away along with a copy of the recipe. This usually hums along nicely for the first cycle or two, but eventually people will start running in the other direction if you keep showing up on their doorstep with a fresh batch of starter. You have been warned.

The starter is a sourdough starter, a yeast-based starter with a lactobacillus culture. Because there's so much sugar in most Amish Friendship Bread recipes, the result is sweet, rather than sour, but if you have a discriminating palate you may be able to pick up a tangy twist. Like most sourdough starters, Amish Friendship Bread can literally be passed around indefinitely; in fact, the longer it has been around, the better. The original recipe is a delicious cinnamon raisin loaf that is still one of my favorites. But what I love about the starter is that you can bake almost anything with it.

If you've received a starter from someone, there's a little bit of flour and love from their kitchen, as well as all the other kitchens before it. It's a bit like the children's fable of stone soup, where everyone ends up contributing something to a meal that is shared by all.

Is Amish Friendship Bread really Amish? That's the big question. There's no evidence to support this claim and a similar recipe can be found circulating in Europe under the name Herman bread or cake. But it makes sense that the starter is kept at room temperature (since the Amish don't use electricity) and the only fresh ingredients are those that they can easily procure from their own farms (eggs, milk, butter). Then again, the most popular version circulating around North America includes instant pudding, which doesn't seem very Amish.

I'll leave it to the pundits to debate the question, but there's no doubt the bread embraces the Amish principle of sharing what we have with others. In my mind, it's no coincidence that each recipe yields two loaves. This recipe was designed to be shared. Every recipe yields two loaves, so consider keeping one and sharing the other with a friend, family member, co-worker, postal carrier, teacher, even a stranger! The spirit of the bread is what's kept it going all this time, and sharing what we have with others is part of what makes our human experience great.

# The Original Amish Friendship Bread Recipe

This is the recipe that has circulated through the United States and Europe for several decades. Since the version I received read a bit like a Chinese fortune cookie, typos and all, I've modified it for clarity. A PDF printable version of this recipe is available on the Friendship Bread Kitchen website: <u>http://www.friendshipbreadkitchen.com/amish-friendship-bread</u>.

NOTE: Do not refrigerate the starter. It is normal for the batter to rise and ferment. If air gets into the bag, let it out.

Day 1: Do nothing.
Day 2: Mash the bag.
Day 3: Mash the bag.
Day 4: Mash the bag.
Day 5: Mash the bag.
Day 6: ADD to the 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 9: Mash the bag.
Day 10: Follow the directions below:
1. Pour the entire bag into a nonmetal bowl.
2. Add 1½ cup flour, 1½ cup sugar, 1½ cup milk.

3. Reserve 1 cup of starter in the bowl if you plan to bake today.

4. Divide the remaining batter into 1-gallon Ziploc bags with 1 cup per bag. Your starter may yield 4 to 7 cups depending on how active your starter has been. Give the bags to friends along with a copy of the recipe and several slices of the bread.

Label your Ziploc bag with the date, making your Day 10 their Day 1. If you aren't able to give it to them on Day 1, be sure to tell them which day it is when you present it to them.

#### BAKING INSTRUCTIONS

- I. Preheat oven to  $325^{\circ}$  F (165° C).
- 2. To the one cup of batter in the bowl add the following:

3 eggs 1 cup oil 1/2 cup milk

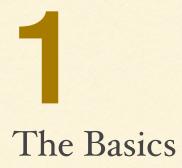
- 1 cup sugar
- 1/2 teaspoon vanilla
- 2 teaspoons cinnamon
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda

2 cups flour

- I or 2 small boxes instant pudding (any flavor)
- I cup chopped nuts or raisins (optional)
- 3. Grease two large loaf pans.
- 4. In a bowl mix an additional 1/2 cup sugar and 1 1/2 teaspoons cinnamon.
- 5. Dust the greased pans with the cinnamon-sugar mixture.
- 6. Pour the batter evenly into loaf or cake pans and sprinkle the remaining sugar-cinnamon mixture on top.
- 7. Bake for one hour or until the bread loosens evenly from the sides.

8. ENJOY!







### Amish Friendship Bread Starter

 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

**SMELL:** It should smell like yeasty, fermenting batter.

**COLOR:** It should look like the color of flour, an off-white to creamy color. The starter may separate (which is normal) so mix it well before evaluating its color.

There are two ways to get an Amish Friendship Bread starter: receive a bag or jar of starter from a friend, or make your own. 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. For other starter variations including gluten- and casein-free, visit the website.

#### Directions

In a small bowl, dissolve yeast in water. Let stand 10 minutes.

In a 2-quart glass, plastic or ceramic container, combine 1 cup flour and 1 cup sugar. Mix thoroughly with a whisk or fork.

Slowly stir in 1 cup milk and dissolved yeast mixture.

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.



## Cinnamon-Sugar Mixture

Prep Time: 5 minutes Yield: 1 cup

1/2 cup granulated sugar1/2 teaspoon cinnamon

#### Directions

In a small bowl, stir ingredients together until well-mixed. Store in a cool, dry space.

#### **Kitchen Notes**

Use whenever an Amish Friendship Bread recipe calls for "cinnamon-sugar mixture."





The Recipes

### Apple Raisin Amish Friendship Bread

Prep Time: 15 minutes Cook Time: 1 hour Servings: 16 Yield: 2 loaves

cup Amish Friendship Bread starter
 eggs
 cup oil
 cup milk
 cup sugar
 teaspoon vanilla
 teaspoons cinnamon
 1/2 teaspoons baking powder
 teaspoon salt
 teaspoon baking soda
 cups flour
 small box vanilla instant pudding
 cup raisins
 cup apple, chopped
 cup nuts (optional)

"The loaves were still beautifully moist after seven days—all my family and friends who tasted it, loved it." *Saskia Baur* 

#### Directions

Preheat oven to  $325^{\circ}$  F (165° C).

In a large mixing bowl, add ingredients as listed.

Grease two large loaf pans.

Dust the greased pans with cinnamon-sugar mixture.

Pour the batter evenly into loaf or cake pans and sprinkle the remaining cinnamonsugar mixture on the top.

Bake for one hour or until the bread loosens evenly from the sides and a toothpick inserted in the center of the bread comes out clean.

**ENJOY!** 

#### **Kitchen Notes**

Sprinkle I tablespoon of flour with apples, raisins, chocolate chips or nuts and gently toss before adding to the mixing bowl. This will help prevent add-ins from sinking to the bottom of your bread. Over-tossing may result in a flour residue after baking, so toss sparingly.



### Apple Spice Amish Friendship Bread

Prep Time: 15 minutes Cook Time: 45 minutes Servings: 16 Yield: 2 loaves

1 cup Amish Friendship Bread starter 1/2 cup all-purpose flour 1/2 cup whole wheat flour 1 teaspoon baking powder 1 teaspoon baking soda 1/2 teaspoon salt 1 teaspoon cinnamon 1 teaspoon nutmeg 1/2 teaspoon allspice 1/3 cup oil 1/4 cup brown sugar 3 eggs 1 cup unsweetened applesauce 1 large apple, chopped 1 cup rolled oats 3/4 cup walnuts, coarsely chopped 1 cup currants or raisins

#### **Directions**

Preheat oven to 325° F (165° C).

In a large bowl, combine dry ingredients.

In another bowl, cream oil and brown sugar. Add eggs, applesauce, apples and starter.

Stir oats, walnuts and currants into dry ingredients. Add wet ingredients to dry and combine just enough to moisten all.

Spoon into greased pans that have been dusted with cinnamon-sugar mixture.

Bake for 45 minutes or until the bread loosens evenly from the sides and a toothpick inserted in the center of the bread comes out clean.

**ENJOY!** 

#### **Kitchen Notes**

The whole-wheat flour and oats give this sweet bread a nuttier, wholesome taste and texture. Be careful not to overcook or this recipe will quickly dry out.

#### **Try It Like This**

"Just made this using all whole-wheat pastry flour and Splenda with a drizzle of real blackstrap molasses because I can't eat much sugar. I used 2 tablespoons of nonfat yogurt and replaced the oil with 1/4 stick of unsalted butter. I upped the spices a bit. The yogurt kept it very moist so it didn't rise a lot, but it's very delicious." *Margaret Stephens* 



### Carrot Cake Amish Friendship Bread

Prep Time: 15 minutes Cook Time: 1 hour Servings: 16 Yield: 2 loaves

1 cup Amish Friendship Bread starter 3 eggs 1 cup oil 1/2 cup milk 1/2 cup chunky home-style applesauce 1 cup sugar 1/2 teaspoon vanilla 1 tablespoon cinnamon 1 teaspoon ground nutmeg 1/2 teaspoon ground cloves 1 1/2 teaspoons baking powder 1/2 teaspoon salt 1/2 teaspoon baking soda 2 cups flour 1-2 small boxes vanilla instant pudding 1 cup nuts, chopped 1 cup raisins 3 medium carrots, shredded

"Made these the other day and brought some into the office with me...everyone loved them!" *Wai Ghan* 

#### Directions

Preheat oven to  $325^{\circ}$  F (165° C).

In a large mixing bowl, add ingredients as listed.

Grease two large loaf pans.

Dust the greased pans with cinnamon-sugar mixture.

Pour the batter evenly into loaf or cake pans and sprinkle the remaining cinnamonsugar mixture on the top.

Bake for one hour or until the bread loosens evenly from the sides and a toothpick inserted in the center of the bread comes out clean.

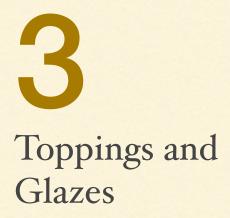
**ENJOY!** 

#### **Try It Like This**

Try it in mini Bundt pans! If using a pan with 4 molds, be sure to reduce baking time to 30 minutes before testing for readiness. Loaves should be thoroughly cooled before frosting.

"Rather than cream cheese frosting I dusted this with powdered sugar and liked it much better." *Kathy* 









# Sharing and Gifting Your Bread

# THANK YOU! (read below for a special offer)



If you enjoyed this sampler from *Quick and Easy Amish Friendship Bread Recipes*, get the entire e-cookbook for only \$9.99! That's over 50 Amish Friendship Bread plus an Amish Friendship Bread primer and the most common questions and answers about caring and maintaining your starter. To thank you for reading this sample, use code **SAMPLER** when you place your PDF order and get 10% off!



Buy it from Amazon for your Kindle or buy the PDF with your 10% discount from our website:

http://www.friendshipbreadkitchen.com/quick-and-easy-amish-friendship-bread-recipescookbook

Thank you for being in the Kitchen with me!

"Thank you so much! I have learned so much and look forward to a day of baking and sharing with friends today!" *Heather*