

STARTER

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 cup white sugar
¼ cup warm water (110° F/45° C)	1 cup milk
1 cup all-purpose flour	

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.

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.

CARE

Care and Feeding of Amish Friendship Bread Starter

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.

DIRECTIONS

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 10: Follow the directions to the right:

Pour the entire bag into a nonmetal bowl.

Add 1 1/2 cup flour, 1 1/2 cup sugar, 1 1/2 cup milk.

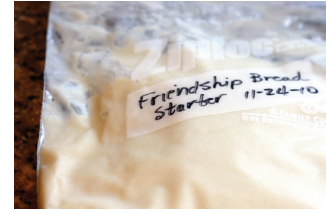
Put 1 cup of starter aside to keep or bake with, and divide the remaining batter into 1-gallon Ziploc bags with 1 cup per bag. Your starter yield may be more or less depending on how active your starter has been.

KITCHEN NOTES

Remember to give the starter along with a copy of the Care and Feeding of Amish Friendship Bread Starter as well as the recipe for Amish Friendship Bread.

Should this recipe not be passed onto a friend on the first day, make sure to tell them which day it is when you present it to them.

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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.

Recipe courtesy of Darien Gee
Author and Founder of the Friendship Bread Kitchen
www.friendshipbreadkitchen.com



Notes

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