

Amish Friendship Bread from Sue Hamilton www.suelhamilton.com

DO NOT USE A METAL SPOON

DO NOT REFRIGERATE

KEEP IN A COVERED PLASTIC BOWL (large enough for it to expand as the days go by) OR keep in plastic bag

_____ Day 1: Do nothing – this is the day you receive the starter.

_____ Day 2: Stir with a wooden spoon OR mush the plastic bag.

_____ Day 3: Stir with a wooden spoon.

_____ Day 4: Stir with a wooden spoon.

_____ Day 5: Stir with a wooden spoon.

_____ Day 6: Add 1 cup flour, 1 cup white sugar and 1 cup milk.

_____ Day 7: Stir with a wooden spoon.

_____ Day 8: Stir with a wooden spoon.

_____ Day 9: Stir with a wooden spoon.

_____ Day 10: Use starter to make bread or muffins, keep 1 cup starter to keep going for yourself OR add the following to make more so you can give away. 1 cup flour, 1 cup white sugar and 1 cup milk. If you give it away, measure 1 cup for each give away. You can also freeze starter in 1 cup measurement for later use. Frozen starter will take at least 3 hours at room temperature to thaw before using. If beginning again from frozen starter count day 1 as the day after the starter thaws.

Recipe for Bread or Muffins

1 c. of starter (if you use just for your use, you will have 3 cups at the on Day 10 – so you will have to make a double batch for the recipe)

1 c. oil OR ½ c. oil & ½ c. applesauce (makes it less fattening)

½ c. milk

3 eggs

1 c. sugar

1 ½ tsp. baking powder

½ tsp. baking soda

½ tsp. salt

2 c. flour

2 tsp. cinnamon

1 lg. box of instant vanilla or any other flavored pudding IF YOU DON'T have pudding replace with 3 tsp. vanilla extract

Mix first 5 ingredients thoroughly and then add remaining ingredients and mix again. Pour into 2 lg. loaf pans that are well greased and sugared (if desired) with cinnamon & sugar). Sprinkle some cinnamon and sugar on top of loaves and bake at 350 for 40-50 minutes. Cool 20 minutes before removing from pans. If you make muffins, makes about 2-3 dozen. You can add nuts, chocolate chips, dried fruit or anything you like. ENJOY!!! Sue Hamilton 833-6325