

Amish Friendship Bread

IMPORTANT NOTES:

- Do **NOT** use any metal spoons, bowls or other utensils!
- Do **NOT** refrigerate.
- Do not use a convection oven.
- It is normal for the batter to rise and ferment. If the bag expands with air, let the air out.

INSTRUCTIONS:

Day 1: Do nothing. (This is the day you receive the batter and/or the bag is dated).

Day 2: Mush the bag.

Day 3: Mush the bag.

Day 4: Mush the bag.

Day 5: Mush the bag.

Day 6: Add to the bag: 1 cup of flour, 1 cup of sugar and 1 cup of cold milk. Mush the bag.

Day 7: Mush the bag.

Day 8: Mush the bag.

Day 9: Mush the bag.

Day 10: Follow the directions below:

1. Pour entire contents of the bag into a **NON-metal** bowl.
2. Add and incorporate: 1½ cups flour, 1½ cups sugar and 1½ cups milk.
3. Write tomorrow's date on 4 gallon size Ziploc bags.
4. Measure out 4 separate batters (1 cup each) and put into the 4 Ziploc bags. Keep a bag for yourself and give the other three bags to friends along with a copy of the recipe.
5. Preheat oven to 325 degrees. Grease (or use PAM) 2 large loaf pans.
6. **Mix in a separate bowl:**
 - ½ cup sugar
 - ½-1½ tsp cinnamon (or cardamom)

Use half of mixture to dust greased pans.
7. **To the remaining starter in the bowl add:**
 - 3 eggs
 - 1 cup of oil (or ½ cup oil & ½ cup applesauce)
 - ½ cup of cold milk
 - 1 cup of sugar
 - 2 tsp ground cinnamon (or cardamom)
 - ½ tsp vanilla
 - 1½ tsp baking powder
 - ½ tsp baking soda
 - ½ tsp salt (optional: 1½ tsp)
 - 2 cups flour, blended in ½ cup at a time
 - **Optional:** 1 large box (or 2 small?) of instant vanilla pudding (or any flavor you want)
 - **Optional:** 1 cup of raisins or chopped nuts
8. Pour batter evenly into pans. Do not fill past ½ full.
9. Sprinkle remaining sugar and cinnamon over the top.
10. Bake 1 hour. Cool until bread loosens from sides, about 10-15 minutes. Turn onto serving dish; serve warm or cold. Enjoy!

NOTE: If you keep a starter, you will be baking every 10 days. However you can freeze a starter. The cycle begins when the starter is thawed.

For an electronic copy of these instructions and for further information on recipe variations, see:
<http://www.sjacob.org/cooking/amishbread/>