

Amish Friendship Bread

Ingredients:

2 $\frac{1}{4}$ tsp. (1 package) active dry yeast

$\frac{1}{4}$ C water

1 C flour

1 C sugar

1 C warm milk

Do Not Use Metal Bowl Or Metal Utensils

Day 1

Combine yeast and water, and let sit for 10 minutes.

In a 2 quart plastic, glass, or ceramic container, or in a gallon

Size zip lock bag, combine sugar and flour. Mix well. Add to This the milk and yeast mixture. If using a bowl, mix ingredients well

And cover loosely. If using zip lock bag, seal tightly and squish bag

Until well mixed. Leave on a counter; do not refrigerate mixture

During fermentation process.

Days 2-4

Stir starter with wooden spoon, or squish bag daily.

If using a bag, open to let air out and reseal.

Day 5

Stir in 1 cup flour, 1 cup sugar, and 1 cup milk.

Mix well.

Days 6-9

Stir starter with wooden spoon or squish bag daily.

Day 10

Stir in 1&1/2 cup flour, 1&1/2 cup sugar, and 1&1/2 cup milk. Mix well.

Remove 2 cups starter mixture to make your bread (recipe follows),

And keep one for yourself to start process again.

Divide the remainder starter mixture into 1 cup portions to give

To friends along with a copy of this recipe, or store in the refrigerator and begin the 10 day process over again skipping day 1, starting at day 2.

You can freeze the starter in 1-cup measures for later use.

Frozen starter takes 3 hours at room temperature to thaw before using.

If the starter isn't passed on the 10th day be sure to date the bag so the friend

Can determine where they are in the process.

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Ingredients

1 cup starter

1 cup oil

3 beaten eggs

½ cup milk

1/2 tsp. vanilla extract

2 cup flour

1 cup sugar

1 ½ tsp baking powder

½ tsp baking soda

½ tsp salt

2 tsp cinnamon

1 large package vanilla instant pudding mix
nuts, optional
raisins, optional
dates, optional
cinnamon sugar

Directions

In a large non metallic bowl combine starter, oil, eggs, milk and vanilla.

In a separate bowl combine flour, sugar, baking powder, baking soda, salt
cinnamon , and vanilla pudding mix. Add to starter mixture, and mix well.

At this point add your nuts, raisins, or dates. About 1 cup total.

Grease 2 loaf pans and sprinkle bottoms liberally with the cinnamon sugar.

Pour the batter into loaf pans, and sprinkle with more cinnamon sugar.

Bake 325* for 1 to 1 ½ hrs or until toothpick inserted in the middle comes out clean. Cool 10 minutes before removing from pan.

source:tomatohero.com