

AMISH FRIENDSHIP BREAD

By Unknown Author



First, a few notes:

- Do NOT use any metal spoons or bowls when mixing.
- Do NOT refrigerate the starter.
- If air gets into the bag, let it out.
- It's normal for the starter to rise, bubble and ferment.

Baking Schedule:

- **Day 1:** Do nothing. This is the date that you receive the bag of starter (or the day that you create your own starter). Squish and mush the bag.
- **Day 2:** Squish and mush the bag.
- **Day 3:** Squish and mush the bag.
- **Day 4:** Squish and mush the bag.
- **Day 5:** Squish and mush the bag.
- **Day 6: Add to the bag – 1 CUP OF FLOUR, 1 CUP OF SUGAR, and 1 CUP OF MILK.** Squish and mush the bag.
- **Day 7:** Squish and mush the bag.
- **Day 8:** Squish and mush the bag.
- **Day 9:** Squish and mush the bag.
- **Day 10: BAKING DAY! Mix and divide the starter as follows:**

MIXING AND DIVIDING THE STARTER ON DAY 10:

Pour the entire contents of the starter bag into a non-metal bowl and add:

- 1 ½ cups of flour
- 1 ½ cups of sugar
- 1 ½ cups of milk

Measure out 4 separate batches of the starter batter (1 cup each) and place into large gallon-size Ziploc bags. Keep one bag of starter for yourself and give the other 3 to friends, along with a copy of these instructions. The batter that remains in the large bowl will be used for baking your Amish Friendship Bread, as instructed below:

TO PREPARE THE AMISH FRIENDSHIP BREAD ON DAY 10:

Preheat oven to 325 degrees F. To the remaining batter that's left in the bowl, add:

- 3 eggs
- 1 cup canola oil
- 1 cup sugar
- 1 cup milk
- 2 teaspoons cinnamon
- ½ teaspoon vanilla
- 1 ½ teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 2 cups flour
- 1 large (5 ounce) box vanilla instant pudding mix (just the dry mix)

Spray two large loaf pans with cooking spray and divide batter evenly between the two prepared pans.

In a small bowl, combine ¼ cup sugar and 1 teaspoon of cinnamon. Sprinkle the top of each loaf with the cinnamon-sugar mixture.

Bake in the 325-degree oven for about 1 hour, or until a toothpick inserted in the center comes out clean. Cool on a wire rack and then remove bread from pans.

If you keep a starter bag for yourself, you can repeat the baking process every 10 days.

If you would like to prepare your own starter from scratch, the instructions follow:

TO PREPARE A NEW BATCH OF STARTER TO SHARE WITH FRIENDS:

In a small bowl, combine ¼ cup of warm water and 1 packet (2 ¼ teaspoons) of dry active yeast. Set aside until bubbly, 5-10 minutes.

In a large non-metal bowl mix together 1 cup of all-purpose flour and 1 cup of white granulated sugar. Stir in 1 cup of milk and the yeast mixture.

Cover loosely and leave on the countertop at room temperature until bubbly.

Place starter in a large (gallon size) Ziploc bag. Seal bag and squish, squash, and mush until well combined. Let stand at room temperature overnight. The day that you prepare the starter is DAY 1. Proceed with 10-Day Baking Schedule as outlined above.