

Amish Friendship Bread Starter Recipe

Ingredients

- 1/4 cup warm water about 110 degrees
- 1 package active dry yeast* (2 1/4 teaspoons)
- 1 cup all-purpose flour
- 1 cup granulated sugar
- 1 cup milk (2% or higher fat)

Instructions

- Pour the warm water into a small glass bowl.
- Sprinkle the yeast over the water. Let this stand for 5-8 minutes to allow it to dissolve.
- In a larger glass bowl (or plastic bowl. Don't use metal bowls or utensils for sourdough), mix together the flour and sugar with a wooden spoon.
- Stir in the milk and then the yeast mixture.
- Cover loosely with plastic wrap and allow it to stand until bubbly.
- Once the mixture is bubbly, pour it into a gallon-size zippered plastic bag and seal. Do not refrigerate. Allow the sourdough mixture to sit out at room temperature. This counts as Day 1.
- Day 2: Mash the bag.
- Day 3: Mash the bag.
- Day 4: Mash the bag.
- Day 5: Mash the bag.
- Day 6: Add 1 cup each of flour, sugar and milk. Mash the bag until it is mixed well.
- Day 7: Mash the bag.
- Day 8: Mash the bag.
- Day 9: Mash the bag.
- Day 10: Pour the sourdough into a glass (or other nonmetal) bowl. Add 1/2 cup each of all-purpose flour, granulated sugar and milk. Mix well with a wooden spoon.
- Divide out 1 cup portions of the starter, placing each one-cup portion in separate zippered plastic bags. You'll get about 4-5 bags.
- Seal the bags, and give the starter away to friends along with the instructions, keeping one for yourself if desired. The starter then goes back to Day 1.
- Keep one starter for yourself.

Amish Friendship Bread Cooking Recipe

Ingredients

- 1 cup oil
- 3 large eggs
- ½ cup milk
- ½ teaspoon vanilla
- 1 cup granulated sugar
- 2 cups flour
- ½ teaspoon salt
- ½ teaspoon baking soda
- 1 ½ teaspoon baking powder
- 2 teaspoons cinnamon
- 1 cup Amish Friendship Bread Starter

Cinnamon Sugar Mixture:

- 1/2 cup granulated sugar
- 1 1/2 teaspoons cinnamon

Instructions

- Preheat the oven to 325 degrees.
- In a large bowl, combine all of the ingredients.
- Mix well.
- Spray 2 loaf pans with cooking spray.
- Mix ½ cup sugar and 1 ½ teaspoons cinnamon into a small bowl. Dust the greased pans with half of this cinnamon/sugar mixture.
- Pour the batter evenly into the pans and sprinkle the remaining sugar mixture over the batter.
- Bake for 1 hour or until the a toothpick inserted into the center of the loaf comes out clean.
- Cool until the bread loosens from the pan evenly and turn onto a serving dish.