THE AUTHENTIC Amish

Norman and Marlena Miller, Compilers



Copyrighted material

Cover by Dugan Design Group, Bloomington, Minnesota

Cover photos © sumnersgraphicsinc, Dani Vincek / Fotolia; scorpp / iStockphoto

All Scripture quotations are from the King James Version of the Bible.

Harvest House Publishers has made every effort to trace the ownership of all poems and quotes. In the event of a question arising from the use of a poem or quote, we regret any error made and will be pleased to make the necessary correction in future editions of this book.

THE AUTHENTIC AMISH COOKBOOK

Copyright © 2001 Ridgeway Publishing Published by Harvest House Publishers Eugene, Oregon 97402 www.harvesthousepublishers.com

Library of Congress Cataloging-in-Publication Data

The authentic Amish cookbook / Norman and Marlena Miller, compilers. pages cm Includes index. ISBN 978-0-7369-6365-7 (pbk.) ISBN 978-0-7369-6366-4 (eBook) 1. Amish cooking. 2. Cooking—United States. I. Miller, Norman (Religious writer) II. Miller, Marlena. TX721A98 2015 641.5'66—dc23

2014023524

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means—electronic, mechanical, digital, photocopy, recording, or any other—except for brief quotations in printed reviews, without the prior permission of the publisher.

Printed in China

14 15 16 17 18 19 20 21 22 23 / RDS-JH/ 10 9 8 7 6 5 4 3 2 1

Acknowledgments

We wish to express our sincere appreciation to all who have participated in this project by contributing recipes and giving support and encouragement.

May you greatly enjoy this book, and most important of all, we trust your heart will be drawn closer to God by meditating on the many soul-searching and thought-provoking inspirations and hymns.

> May God richly bless you! Norman and Marlena Miller

Copyrighted material

Contents

Appetizers and Beverages . . . 1 Salads and Salad Dressings ... 9 Breads, Rolls, and Cereals . . . 25 Pies . . . 39 Cakes, Cookies, and Frostings ... 53 Soups and Vegetables . . . 85 Meats and Main Dishes ... 93 Candies and Snacks . . . 123 Canning and Freezing ... 133 Desserts ... 147 Miscellaneous Recipes . . . 165 Large Quantity Recipes ... 173 Inspirational Gems for Mothers ... 178 HEALTH FOOD RECIPES Appetizers and Beverages . . . 181 Soups and Salads . . . 185 Breads, Rolls, and Cereals . . . 191 Pies, Cakes, and Cookies . . . 201 Main Dishes ... 213 Desserts ... 221 Miscellaneous Recipes ... 227 Tips & Hints . . . 231 Index . . . 243

Sources:

Perma-flo and ThermFlo may be purchased at: E & S Sales 1265 N. St. Rd. 5 Shipshewana, IN 46565

Appetizers and Beverages



Copyrighted material

What a Friend We Have in Jesus

There is a friend that sticketh closer than a brother. —Proverbs 18:24

Joseph M. Scriven, 1819-1886

Charles C. Converse, 1832-1918



<u>Fruit Slush</u>

1½ to 2 c. sugar 3 c. hot water 6 oz. frozen orange juice concentrate 3 ripe bananas 20-oz. can crushed pineapple

Mix sugar and water; let cool. Add orange juice and 1 can water. Crush 3 ripe bananas and add this and the pineapple plus its juice. Freeze until hard. Delicious!

Mrs. James (Rosanna) Miller

Fruit Dip

8 oz. cream cheese 1 c. marshmallow creme 12 oz. Cool Whip

Mix until smooth. Serve with fresh fruit.

Mrs. Steve (Edith) Engbretson

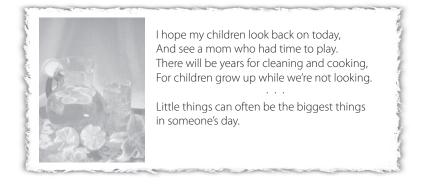
Crockpot Chip Dip

 to 1½ lb. hamburger (may add some refried beans)
onion
salt and pepper to taste
oz. taco sauce or salsa
can mushroom soup

can tomato soup
tsp. chili powder
tsp. Worcestershire sauce
tsp. garlic powder
to 1½ lb. Velveeta cheese

Brown hamburger; add rest of ingredients and heat until cheese is melted. Dip tortilla chips. Very delicious! Serves 20.

Miriam Hershberger



Taco Dip

2 8-oz. pkg. cream cheese

1 pint container onion chip dip 1 lb. browned hamburger mixed

with ½ pkg. taco seasoning mix

green peppers, chopped mushrooms, drained mild cheddar cheese

Mix cream cheese and onion dip and spread in 9 x 13-inch pan. Spread hamburger/ taco seasoning mix on top of cream cheese mixture and top with green peppers, mushrooms, and cheese. Warm to desired warmth at 250°. Serve with taco chips. Serves 12.

Mrs. Jr. (Esther) Wengerd

Chip and Vegetable Dip

1½ c. mayonnaise1 8-oz. pkg. cream cheese2 rounded T. sour creamonion powder, garlic powder, and onion salt to taste

Blend together.

Mrs. Dewayne (Edna Sue) Miller

Ham Roll-Ups

12 oz. cream cheese, softened 1 c. shredded carrots 4 tsp. dill weed 2 tsp. celery flakes1 lb. fully cooked, thinly sliced ham

In a bowl, combine the cream cheese, carrots, dill weed, and celery flakes. Spread about 2 T. on each slice of ham. Roll up tightly and wrap in plastic wrap. Refrigerate overnight. Slice into 1-inch pieces. Yields 6-7 dozen.

Mrs. Omer (Martha) Miller

Faith never knows where it is being led, it knows and loves the One who is leading. It is a life of faith, not of intelligence and reason, but a life of knowing who is making me "go." *Oswald Chambers*

The Authentic Amish Cookbook

Sweet Potato Bonbons

3 lb. sweet potatoes, peeled	¹ / ₂ tsp. grated orange rind
and cooked	6 marshmallows, halved
¼ c. margarine	⅓ c. melted margarine
½ c. brown sugar, firmly packed	4 c. cornflakes, crushed
1 tsp. salt	12 pecan halves

Mash sweet potatoes until light and fluffy. Beat in $\frac{1}{4}$ c. margarine, brown sugar, salt, and orange rind. Let cool. Divide into 12 portions. Press potatoes around each marshmallow half, being careful to keep marshmallow in center. Shape into ovals. Coat with $\frac{1}{4}$ c. melted margarine. Roll in crushed cornflakes. Top with pecan halves and place on lightly greased baking sheet. Bake in very hot oven at 450° for 7-8 minutes. Serves 6-8.

Mrs. Ben (Keturah) Troyer

Orange Shakes

1 6-oz. can frozen orange juice concentrate		
½ c. sugar	1 c. water	
1 tsp. vanilla	8 to 10 ice cubes	
1 c. milk		

Blend in blender until thick and slushy. Serves 4.

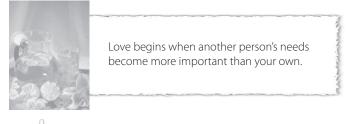
Kathryn Mary Kauffman

Ice Slush

2 3-oz. pkg. Jell-O (cherry, orange, lemon, or lime)2 c. sugar2 c. cold water1 qt. boiling water46 oz. pineapple juice

Dissolve Jell-O and sugar in boiling water. Then add cold water and pineapple juice. Freeze. Fill glass ¾ full of slush, then fill up with 7UP. Makes a 5-qt. ice-cream pail almost full. Refreshing in 90° weather.

Mrs. Orlie (Mary) Troyer



Slush Drink

6 oz. Jell-O, any kind 2 c. sugar 6 c. boiling water 46 oz. pineapple juice 6 c. cold water

Dissolve Jell-O and sugar in boiling water; add rest of ingredients and freeze, stirring occasionally. Should be slushy. Serve with Sprite or 7UP. Very refreshing!

Deborah Slabaugh

Spiced Cranberry Tea

1 c. sugar4 c. water24 whole cloves1½ qt. cranberry juice cocktail6 oz. cinnamon Red Hotsstick cinnamon12 oz. frozen pineapple juice concentrate12 oz. frozen lemonade concentrate12 oz. frozen orange juice concentrate12 oz. frozen orange juice concentrate

Boil sugar, water, cloves, and Red Hots until Red Hots dissolve. Add frozen juices and cranberry juice. Now add water equal to the juices, and a 6-inch piece of stick cinnamon. Heat to simmering gently and simmer 5 minutes Remove cloves and cinnamon after it's spicy enough for you. Serve hot on a cold winter day. This is a delicious drink that tastes as good as it smells.

Mrs. Stephen (Amelia) Miller

Punch

5 pkg. cherry Kool-Aid 5 pkg. strawberry Kool-Aid 5 12-oz. cans frozen orange juice 5 12-oz. cans frozen lemon juice 30 oz. 7UP 10 c. sugar 4 gal. water

Add ice and enjoy.

Mrs. Dewayne (Edna Sue) Miller

Abundant living: Think deeply, speak gently, laugh often, work hard, give freely, pay promptly, pray earnestly, and be kind.

Root Beer

2 c. sugar 4½ tsp. root beer extract 1/2 tsp. yeast, dissolved in warm water

Place ingredients in gallon jar and fill with lukewarm water. Let stand in a warm place for 12 hours, then refrigerate. Don't turn lid on too tightly.

Ruth Maria Herschberger

Hot Chocolate

¹⁄₄ c. brown sugar 1 T. cocoa ¹⁄₃ c. water 4 c. milk 1 tsp. maple syrup or maple flavoring 8 to 10 large marshmallows

Cook sugar and cocoa with water; let bubble for a few minutes, then add milk, marshmallows, and syrup. Cook until marshmallows are melted.

Keturah Engbretson

Maple Hot Chocolate

¼ c. sugar
1 T. baking cocoa
¹ / ₈ tsp. salt
¹ / ₄ c. hot water
1 T. butter or margarine

4 c. milk 1 tsp. maple flavoring 1 tsp. vanilla extract 12 large marshmallows

In a large saucepan, combine sugar, cocoa, and salt. Stir in hot water and butter; bring to a boil. Add the milk, maple flavoring, vanilla, and 8 marshmallows. Heat through, stirring occasionally, until marshmallows are melted. Ladle into mugs and top each with a marshmallow. Serves 4.

Mrs. Norman (Marlena) Miller



Chocolate Syrup

4 c. brown sugar (scant)	4 c. white sugar
2 c. cocoa	2 c. water
½ c. corn syrup	¼ c. vanilla

Mix all ingredients except vanilla in a 6-quart kettle until all is blended. Add 2 more cups of water and stir again. Bring to a boil and boil for 5 minutes (it is very likely to boil over). Add vanilla. If not canned, put cover on until cool or a crust will form over the top. This will keep from September to April (school months) if put boiling hot into jars and sealed. Yields approximately 3 quarts.

Mrs. Leroy (Viola) Mast

The Authentic Amish Cookbook

Salads and Salad Dressings



J.B.F. Wright, b. 1877

J.B.F. Wright, b. 1877



Apple Salad Dressing

1 c. sugar 1 egg 2 T. flour

1 T. vinegar

1 T. margarine 1 c. water pinch of salt

Mix sugar, flour, and egg in small saucepan. Stir in water and add margarine. Boil until slightly thickened, then add vinegar and salt. Cool before pouring over apples. Raisins, marshmallows, nuts, cheese, grapes, and/or pineapple may be added if you have them on hand. Store any remaining dressing in covered jar in refrigerator.

> Mrs. Marcus (Mary) Gingerich Marjorie Mast

Apple Salad Dressing

1 c. water	1 tsp. vanilla
½ c. sugar	1 tsp. vinegar
2 T. flour	¹ / ₂ tsp. lemon juice (optional)
1 egg	

Bring water to boiling point. Beat egg, sugar, and flour together to form a smooth paste. Stir into boiling water and cook 1 to 2 minutes. Remove from heat and add vinegar, vanilla, and lemon juice if desired. Chill. Pour over apples, pineapple, nuts, or fresh fruit of your choice like bananas, grapes, or oranges.

Mrs. Noah (Fannie) Yoder



Apple Salad Dressing

2 c. sugar	2 scant tsp. vinegar
2 eggs	2 c. water
2 heaping T. flour	½ tsp. salt

Beat eggs and stir in sugar, flour, and salt. Then add water and vinegar. Cook until thickened. Then add 1 T. butter and 2 T. vanilla when it's cooked. Pour over apples, celery, nuts, cheese, pineapple, and raisins or grapes. Oranges or canned fruit may also be used.

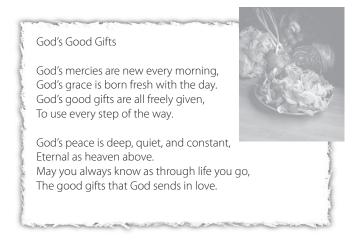
Mrs. Alva (Elnora) Hochstetler

Fruit Salad

1 qt. fruit juice or water 2 eggs 2 c. sugar 5 T. flour 1 tsp. vanilla 2 T. vinegar 2 T. butter

Heat 3 c. of the fruit juice, vinegar, and butter. Stir together sugar and flour and beat in eggs. Stir in reserved cup of the juice; beat. Add to hot fruit juice along with vanilla and stir until thick. Cool. Pour over chopped apples, sliced grapes, pineapple, mini marshmallows, raisins, etc. Mix. I use red and yellow apples and leave them unpeeled for color and fiber.

Beth Ann Yoder



The Authentic Amish Cookbook

Overnight Fruit Salad

3 eggs, beaten
¹ ⁄ ₄ c. sugar
¼ c. vinegar
2 T. butter or margarine
2 c. green grapes
2 c. miniature marshmallows
2 medium, firm bananas, sliced

- 1 20-oz. can pineapple chunks, drained
- 1 15-oz. can mandarin oranges, drained
- 2 c. whipping cream, whipped
- 1/2 c. chopped pecans

In a double boiler over medium heat, cook and stir eggs, sugar, and vinegar until mixture is thickened and reaches 160°. Remove from heat; stir in butter. Cool. In a large serving bowl, combine grapes, marshmallows, pineapple, oranges, and bananas; add cooled dressing and stir to coat. Refrigerate for 4 hours or overnight. Just before serving, fold in whipped cream and pecans. Serves 12-16.

Mrs. Jerome (Rose) Graber

Sunshine Salad

1st layer:

2 3-oz. boxes lemon Jell-O dissolved in 4 c. water. When starting to jell, add

1 can crushed pineapple, drained. Save juice.

2nd layer:

1 8-oz. pkg. cream cheese 1 12-oz. container Cool Whip

Mix until smooth; put on first layer after it sets.

3rd layer:

To juice of pineapple add 1 c. sugar and water to make 1½ c. Stir in 3 T. flour, 3 egg yolks, and pinch of salt. Cook until smooth; cool. Put on top.

Put in 9 x 13-inch pan. Refrigerate and serve. Serves 12.

Ruth Wengerd



God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference. *Reinhold Niebuhr*

Daily prayers lessen daily cares.

Creamy Golden Salad

2 c. boiling water 1 6-oz. pkg. lemon Jell-O 1 c. miniature marshmallows 8 oz. cream cheese 2 c. Cool Whip1 20-oz. can crushed pineapple, drained

Dissolve Jell-O in water. Add marshmallows and cream cheese. Beat well with beater. Add Cool Whip and pineapple. Pour into 2-qt. Jell-O mold. Refrigerate until set.

Mrs. Omer (Martha) Miller

Buttermilk Salad

2 small pkg. cherry Jell-O 1 can pineapple 2 c. buttermilk 4 c. whipped cream ¹/₂ c. nuts (optional)

Heat pineapple juice and dissolve Jell-O in it. Add rest of ingredients; cool until set.

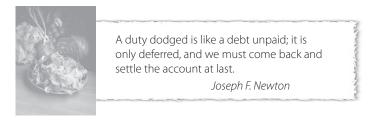
Mrs. John (Fannie) Miller

Hidden Pear Salad

 1 16-oz. can pears, liquid drained and reserved
1 3-oz. pkg. lime flavored Jell-O 1 3-oz. pkg. cream cheese, softened ¼ tsp. lemon juice 1 8-oz. container Cool Whip

In a saucepan, bring pear liquid to a boil. Stir in gelatin until dissolved. Remove from heat and cool at room temperature until syrupy. Meanwhile puree pears in a blender. In a mixing bowl, beat cream cheese and lemon juice until fluffy and smooth. Add pureed pears and mix well. Fold Cool Whip into pear mixture. Fold in cooled gelatin. Pour into an oiled 4½-c. mold; chill overnight. Just before serving, unmold salad onto a plate. Serves 6-8.

Mrs. Jerome (Rose) Graber



The Authentic Amish Cookbook

Pear Salad

1 qt. canned pears, drained 2 c. boiling water 6 oz. lime Jell-O 8 oz. cream cheese1 c. miniature marshmallows8 oz. frozen whipped topping

Pour boiling water over Jell-O. Stir until dissolved. Blend pears in Salsa Master or food processor until smooth. Add marshmallows to Jell-O. Add cream cheese, pears, and whipped topping. Beat well with beater. Pour into serving bowl.

Mrs. Omer (Martha) Miller

Triple Orange Salad

box orange Jell-O
box instant vanilla pudding
box tapioca pudding

Jazzy Gelatin

1 15-oz. can mandarin oranges,

1 6-oz. pkg. orange gelatin

2 c. boiling water

1 c. ice cubes

drained

2¹⁄₂ c. water 1 can mandarin oranges, drained 2 c. Cool Whip

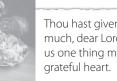
Bring Jell-O, puddings, and water to a full boil, then take from heat and cool. Add mandarin oranges and Cool Whip.

Mrs. John (Carolyn) Otto

 8-oz. can unsweetened crushed pineapple, undrained
6-oz. can frozen orange juice concentrate, thawed green grapes and fresh mint for center, optional

In a bowl, dissolve gelatin in boiling water. Add ice cubes, oranges, pineapple, and orange juice concentrate. Pour into a 6-cup ring mold coated with nonstick cooking spray. Refrigerate overnight or until firm. Just before serving, unmold onto a serving plate. If desired fill center with grapes and garnish with mint. Serves 12.

Esther Delagrange



Thou hast given us so much, dear Lord, but give us one thing more—a