

AUTHENTIC AMISH COOKING

# COOKING

with the

## HORSE & BUGGY PEOPLE II

Sharing a Second Serving of Favorites  
from 207 Amish Women of Holmes County, Ohio

Compiled by Henry and Amanda Mast



Carlisle Press  
WALNUT CREEK

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## LIST OF ABBREVIATIONS USED

oz.— ounce	sm.— small
lb.— pound(s)	c.— cup
tsp.— teaspoon	pt.— pint
Tbsp.— tablespoon	qt.— quart



# Acknowledgments

A special thank you to all the ladies that took time to share recipes to make this book possible!

With the girls' help we spent many a joyful evening sorting through recipes. It was very interesting because we all like to try new recipes, although there are some older ones which hold special memories.

So when you are enjoying these tasteful recipes, don't give us the honor, because we are only humans, but *"praise God, from whom all blessings flow,"* and be thankful for our sharing, caring community.

Respectfully,  
The Masts



# Introduction

**I**n 1986 the first volume of *Cooking with the Horse & Buggy People* was published. For 15 years and 100,000 copies later it is still a faithful standby for the Amish as well as thousands of others who enjoy good homemade meals.

Seeing how much cooks everywhere enjoyed *Cooking with the Horse and Buggy People Volume I*, Amanda Mast and her friends have opened their well-used recipe boxes and stirred up another batch of favorites.

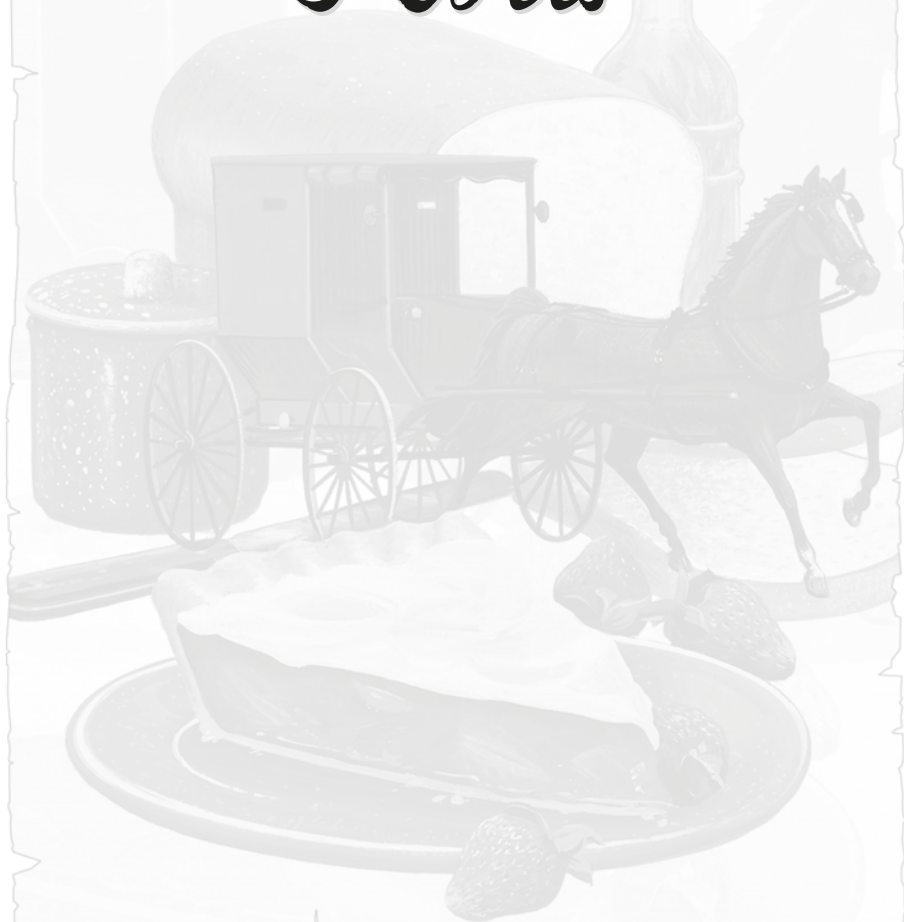
Tested and perfected with years of everyday use these family heirlooms are shared with you in hopes that they'll not only make cooking new and refreshing for you, but will delight even the most discriminating taste palate.

Nestled in the idyllic landscape of peaceful hills and valleys, the Amish women whose recipes are featured in this book live in the world's largest Amish community—Holmes County, Ohio. Holmes County has been home sweet home to five and sometimes six generations of Amish families often living on the same four square miles as their ancestors who migrated here in the early 1800s.

We hope that by sharing a valuable part of our heritage we'll encourage you to share yours; by treasuring ours—we'll remind you to treasure yours; remembering ours—helping you remember yours.

Here are 207 Amish women wishing you health, happiness, good friends, plenty of sunshine, and joy. And of course, a delicious homecooked meal with a generous second helping!

# Breads & Rolls



## Bread

$\frac{3}{4}$  c. sugar  
 $\frac{3}{4}$  c. flour  
1 Tbsp. salt  
4 Tbsp. instant potato flakes  
 $3\frac{1}{2}$  c. warm water  
2 Tbsp. or 2 pkt. dry yeast  
 $\frac{3}{4}$  c. vegetable oil  
2 c. whole wheat flour  
6 c. white flour

Mix sugar, flour, salt, and potato flakes. Add water. Stir well and add yeast. Let set until it rises a bit, then add oil. Mix well. Add flour. Mix well. Let rise until double in size, then work out into pans. Let rise. Bake at 300° for 30 minutes.

*Katie Mae Troyer*

## Bread

$\frac{2}{3}$  c. warm water  
 $1\frac{1}{2}$  Tbsp. yeast  
1 tsp. sugar  
2 c. warm water  
 $\frac{1}{2}$  c. sugar  
 $\frac{1}{3}$  c. oil  
 $2\frac{1}{2}$  tsp. salt  
 $7\frac{1}{2}$  c. flour

Mix  $\frac{2}{3}$  c. warm water, yeast, and 1 tsp. sugar. Combine 2 c. warm water,  $\frac{1}{2}$  c. sugar, oil, and salt. Add yeast mixture and work well. Add flour. Work until dough is no longer sticky. You may need to add a little more flour while working. Cover and let rise until double in size. Work down. Let rise again, then work out into pans. Let rise again. Bake at 350° for 20 minutes. Yields 3 loaves.

*Mrs. Wayne Yoder*

## Bread

$1\frac{1}{2}$  c. boiling water  
2 Tbsp. shortening  
2 tsp. salt  
1 c. oats  
1 Tbsp. yeast  
 $\frac{3}{4}$  c. warm water  
 $\frac{1}{4}$  c. molasses  
 $\frac{1}{4}$  c. brown sugar  
4–5 c. flour

Mix boiling water, shortening, salt, and oats. Cool slightly. Dissolve yeast in warm water. Sprinkle with sugar. Add oat mixture and remaining ingredients. Bake at 350° for 30–35 minutes. Yields 2 loaves.

*Mrs. Levi Yoder*

## Bread

$\frac{3}{4}$  c. flour  
 $\frac{1}{4}$  c. sugar  
 $\frac{1}{4}$  c. brown sugar  
1 Tbsp. salt  
 $\frac{3}{4}$  c. vegetable oil  
2 c. cold water  
1 c. boiling water  
2 Tbsp. yeast  
7–8 c. flour

Mix  $\frac{3}{4}$  c. flour, sugar, and salt. Add cold water, boiling water, and yeast. Let rise slightly. Add oil and flour. Let rise for 30 minutes. Punch down. Let rise for another 30 minutes. Punch down. Let rise for 1 hour. Shape into 4 loaves. Let rise and bake at 350° for 20–30 minutes. If brown bread is desired, you may use some brown flour.

*Mrs. Emanuel J. Miller*

## Whole Wheat Bread

3 c. warm water  
3 eggs, beaten  
1½ Tbsp. yeast  
 $\frac{3}{4}$  c. honey  
 $\frac{3}{4}$  c. Crisco  
2 Tbsp. salt  
3 c. wheat flour

Mix water, eggs, yeast, honey, Crisco, and salt. Beat in flour with egg beater until smooth. Add more wheat flour and knead until smooth. Let set in a warm place and punch down every 10 minutes for 1 hour. Let rise again, then shape into 4 loaves. Bake as regular bread. Be sure to beat with egg beater and punch down every 10 minutes as directed! This is just as soft as white bread.

*Mrs. Raymond Wengerd*

## Homemade Bread

$\frac{1}{2}$  c. sugar  
 $\frac{1}{8}$  c. salt  
 $\frac{1}{8}$  c. yeast  
 $\frac{1}{2}$  c. lard or Wesson oil  
3½ c. warm water

Mix warm water, sugar, salt and yeast. Let set until it gets bubbly, then add oil or lard and the flour until it reaches desired consistency. If you want whole wheat bread, use 3 c. whole wheat flour, and additional white flour. Bake at 350° for 30 minutes. Yields 4 loaves.

*Mrs. Mahlon R. Yoder*