



*Amish Community Cooking From Greenville, PA*

# FARMHOUSE Kitchen



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# Introduction

**M**y daughter Veronica and I enjoyed compiling this cookbook of many tasty recipes from all the exceptionally good cooks in our community. Currently we are making church meals for 170 people and a favorite is always a delicious salad made with romaine lettuce. 18 years ago Twila Beachy and I compiled Walnut Creek Valley Cookbook, and it is especially interesting for me now that I've moved out of Holmes County, Ohio to use ladies' recipes that interacted with me in my younger years.

Welcome to Farmhouse Kitchen! Browse through the many delicious recipes and try something for dinner tonight. God bless you as you reach out and share food with your friends and neighbors!

-Naomi Mast

# Dedication

**M**y husband Matthias who has patiently eaten anything that we cook even when it flops. He is always grateful for a warm meal.

**T**o my daughters Veronica, Rebekah and Rachel who are learning the art of cooking.

**T**o my Mother, Esther who taught me to cook tasty meals.

**T**o all the exceptionally good cooks who make many large meals for our community and have become dear friends of mine.

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Beverages and  
Appetizers

## Fruit Smoothies

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MATTHIAS & NAOMI MAST

- 2 c. yogurt
- 1 c. strawberries
- ½ c. pineapple juice
- ¼ c. cane sugar
- ¼ c. blueberries
- 1 c. frozen peaches
- 1 frozen banana
- 1 Tbsp. lemon juice

Mix in blender until smooth.



## Almond Milk

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MATTHIAS & NAOMI MAST

- 3 c. water
- ½ c. almonds (blanched)

Blend in blender and strain twice. Sweetener and vanilla can be added.

2

## Rice Milk

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MATTHIAS & NAOMI MAST

- 7½ c. water, boiling
- ½ lb. rice flour
- 3 c. water
- ½ c. olive oil
- 1 Tbsp. sea salt
- 4 Tbsp. honey

Blend rice flour and 3 c. water. Stir into boiling water. Add olive oil, salt and honey. Simmer for 30 minutes. Add water to desired consistency. More sweetener may be added if desired.