



Cooking with the Horse and Buggy People Series

Table *for* Two

Rhoda Miller
Sam & Amy Miller



438 AMISH FAVORITES FOR TWO PEOPLE

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The Springhouse



The springhouse, built by Sam and Amy Miller's family, into which flows the spring that once belonged to the first Amish settler in Holmes County.

THE OLD FARMSTEAD that I grew up on holds a lot of sentimental value for me. I remember the good times I had with my siblings, the games we used to play while helping Dad milk the cows, building tunnels in the haymow and singing songs after supper. Of such are good memories made! Farm life wasn't always an easy life—getting up at 4:30 AM in the dead of winter to milk the cows—but it was a good way to learn family values and to acquire a good work ethic. Something else I cherish about the homestead is its place in local history.

In the summer of 1809, only six years after Ohio had obtained statehood, Jonas Stutzman, a young Amishman, ventured into the Walnut Creek Valley and set his stakes on what is now my dad's farm. Jonas must have been an adventuresome fellow, as he was only 21 years old when he built his first cabin there in the wilderness. The valley had an ample supply of large oak and walnut trees, which

furnished him with an abundance of building materials. Those days were long before the invention of the chain saw—everything was done by the sweat of a man's brow. He was the first white person to settle in eastern Holmes County, Ohio—in the heart of what is today the largest Amish community in the world.

One day Jonas was clearing ground for his cabin when a sprung tree limb he was cutting off kicked back and broke his leg above the knee. What was he to do now? It was five miles over a buffalo trail to his aunt and uncle's place close to what is present-day Sugarcreek. Using the materials at hand, he bound up his leg with thin willow sticks he found growing nearby. Then he fashioned a cane and crutch from some sticks and hobbled his way slowly over the trail, arriving at his uncle Jacob's cabin late that night, where they set his leg. Pioneering wasn't for the fainthearted! It took real grit.

As if being the first settler didn't give Jonas a big enough place in our area's history, he was a rather eccentric person too. He became known as "Der Weiss" or "White Stutzman." This was because in the latter part of his life, out of deep religious conviction, he dressed in all white clothes. Jonas predicted the year 1853 to be when Christ would return to establish His kingdom on earth. He evidently believed his predictions to be correct because he even made an oversized chair for Jesus. This chair can still be seen today at the Amish and Mennonite Heritage Center in Berlin, Ohio.

Although I had no idea while I was growing up, I have learned in recent years that Jonas was my great-great-great-great-grandfather. That has made the old homestead even more special to me.

Of course an abundant supply of water was indispensable to frontier survival. This must have surely influenced Jonas to locate his cabin where he did—beside a spring of water flowing out of the hillside. Almost 200 years later, this spring is still going strong.

This spring of water and the fact that it was used by Jonas Stutzman have been the inspiration behind a family project only recently completed. For the past several years, Dad had been talking of building a stone springhouse to utilize the water from the spring. It couldn't be just any old springhouse if we were going to build

one. It would need an arched doorway and a slate roof to top it off. After much talk and planning, things finally started to happen in the summer of 2005.

Oh! those stones were heavy, making the work backbreaking, and there were many Saturdays we had to sacrifice for the project. But it was a labor of love and enjoyable indeed to work together as a family to see the realization of a dream. The finishing touches were put on the building in the early summer of 2006.

On the inside of the house the spring enters through a pipe in the back wall, splashing into a basin hewn out of solid stone. The basin is also part of the back wall, being set in a niche. From there the water flows off to either side, disappearing into the wall for a short space until it cascades out of its outlet into pools on both sides of the building then on down to the Walnut Creek.

Traditionally, springhouses were used for food storage before the invention of modern refrigeration, and it was probably as close as the pioneers got to having running water. These days we have no such necessity, but it's still good to see a watermelon or two floating in those pools in the hot days of summer. That is when I like to step inside and find respite from the oppressive heat, drinking from the cool, refreshing water. It's not hard to imagine that Jonas would have done the same!

—*Sam and Amy Miller*

Dedication

FIRST OF ALL, we dedicate this book to God, the one who has blessed us with an abundance of food, friends and family to enjoy. We also want to dedicate it to our mothers who are such wonderful cooks and who took the time to teach us the art of cooking.

A Note from Sam and Amy

WE TRIED OUR BEST to size these recipes for two people, but we also realize that not all appetites are created equal. Feel free to tweak these recipes to suit your own needs. If that means writing in the margins—by all means, do so!



Memorable Meals

I WILL VENTURE TO SAY that most of the meals that we could label as memorable, very likely have less to do with food than who they were eaten with or how they were served. In Bible times, serving a meal to a guest was considered a special act of hospitality and a token of friendship. Taking bread and salt together was sacred enough to be used as the confirmation of a covenant of peace between two parties. Even today we still consider food as something special to be shared with family and friends. Let me tell you about two meals in particular that stand out in my mind.

It was on an Easter Sunday, awash in sunshine and all the promises of spring, when Amy and I packed a picnic lunch and went for a stroll on the overgrown acres of a neighboring farm. This place was a real wilderness. The thorns and the brambles grew so thickly in places as to be almost impenetrable, but it was an awesome place to be in the springtime! Following a path up the hillside through a maze of trees and bushes, we made our way toward the long-

neglected apple orchard and its delicious smelling blossoms. Close by the orchard, beneath some trees, we found a patch of grass dappled by sunshine and wildflowers with a grand view of the pastoral valley below. Here we spread our blanket and enjoyed our picnic lunch and the pleasure of each other's companionship.

Another time, we were in a Central American country when we stopped in to visit Delfina and Oscar, friends of my brother. They invited us to stay for lunch but we had other plans, so we said, "No, we can't stay." They insisted so we finally gave in and stayed.

Delfina fried some fish in their dirt-floor kitchen over a wood-fired oven while her four girls ran here and there, washing dishes, shoving a piece of wood into the fire, buying tortillas and getting whatever else was necessary for our lunch. It gave us an interesting view of daily Central American life. I don't generally eat fish that stare up at me from my plate, but those were served whole and they were surprisingly good. Rice, tortillas and an orange drink completed the meal. Amy said it was the best local food she had on our whole trip. While we ate, Oscar kept the flies away from us with a small hand fan. We were treated like honored guests and we felt that way, too!

—Sam

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*Appetizers, Beverages
Dips and Miscellaneous*



Having a sweet tooth is only natural for a small child and it seems that grandparents know just how to fulfill that craving. One of the most distinct memories that I have of visiting Grandma and Grandpa Miller is of their candy drawer. Of course the highlight of the visit came just before we left for home when Grandpa would carry me over to the cupboard, open the drawer and ask in his gentle voice, “Now, what kind would you like?”

He had a selection to make a child’s eyes become the size and shape of saucers, but I always picked those round, pink peppermint candies. I used to call it *Doddy* (Grandpa) candy. Grandpa has passed on now and I always recall that particular memory when I think of him.

—Rhoda



Quick Banana Malt

2 ripe bananas, frozen*
6 Tbsp. chocolate milk powder
1½ c. milk

Slice bananas; puree with remaining ingredients in blender. Serve immediately. *To freeze bananas, peel and freeze overnight in an airtight plastic bag.

Orange Jewlet

6 oz. orange juice concentrate
¼ c. white sugar
1 c. milk
1 c. water
½ tsp. vanilla
10 ice cubes

Crush in blender until slushy. Serve immediately.

Party Punch

1 pkg. cherry Kool-Aid
1 pkg. strawberry Kool-Aid
6 oz. frozen orange juice
1-2 c. white sugar
3 qt. water
6 oz. frozen lemonade
7-Up

Mix first six ingredients together. Add ice and 7-Up when ready to serve.

Cranberry Punch

1 c. cranberry juice
1 c. pineapple juice
½ c. white sugar
¾ tsp. almond extract
2 c. ginger ale

Combine cranberry juice, pineapple juice, sugar and almond extract. Stir until sugar is dissolved; chill. Add ginger ale just before serving.

Hot Mulled Cider

⅓ c. brown sugar
⅓ tsp. salt
1 qt. cider
½ tsp. allspice
½ tsp. whole cloves
2 cinnamon sticks
dash nutmeg

Combine brown sugar, salt and cider. Pour into saucepan. Tie spices into a small piece of cheesecloth; add to cider mixture. Simmer uncovered for 20 minutes. Remove spices. Serve hot and use cinnamon sticks as muddlers.

Instant Hot Chocolate

4 c. powdered milk
1¼ c. powdered chocolate
drink mix
½ c. powdered nondairy creamer
½ c. powdered sugar

Mix all ingredients and store in an airtight container. To serve, add ¼ c. mix to 1 c. boiling water.

Instant Spice Tea

¼ c. Lipton instant tea mix
1¼ c. white sugar
½ tsp. ground cinnamon
½ tsp. cloves
3½ oz. Tang
¾ pkg. lemon Kool-Aid

Mix all ingredients together. Store in an airtight container. To make tea, add 2 tsp. mix to 1 c. boiling water.

Frosty Fruit Drink

½ c. unsweetened raspberries
¾ c. frozen vanilla yogurt
1 ripe banana
¾ c. raspberry blend juice, chilled

In a blender combine all ingredients. Cover and process until smooth. Serve immediately.

Lemonade

2 lemons
2 limes
2 oranges
1 qt. water
1 c. white sugar

Save two thin slices from each of the fruits. Juice the remaining fruit. Pour into pitcher. Add water and sugar. Stir well. Store in refrigerator. Serve with ice and remaining fruit slices.

Strawberry Orange Shakes

1 c. orange juice (not concentrate)
¼ c. milk
1 c. frozen, sliced strawberries
1-2 tsp. white sugar
½ c. ice cubes

In a blender combine orange juice, milk, strawberries and sugar. Cover and process until smooth. Add ice cubes. Process until mixture reaches desired consistency. Pour into glasses. Garnish with a strawberry, orange wedge or mint sprig if desired. Serve immediately.

Cappuccino Mix

2 c. nondairy coffee creamer
1¼ c. nonfat dry milk
1 c. white sugar
⅓ c. cocoa mix
½ c. instant coffee
¼ c. powdered sugar
dash salt
⅓ c. instant vanilla pudding
½ lb. French vanilla cappuccino
¼ c. chocolate drink mix

Mix in a large bowl. To serve, mix 3 heaping tsp. to 1 c. boiling water.

Vintage Cooler

2 c. grape juice
1 c. raspberry sherbet
7-Up or Sprite

Beat together until sherbet is foamy.
Add 7-Up to suit your taste.

Lemonade Slush

$\frac{2}{3}$ c. lemonade concentrate,
partially thawed
1 c. milk
 $\frac{2}{3}$ c. water
 $\frac{1}{2}$ tsp. vanilla extract
yellow food coloring, optional
10 ice cubes, crushed

In a blender, combine lemonade concentrate, milk, water, vanilla and food coloring. Cover and process until blended. While processing, slowly add crushed ice. Process until slushy. Serve immediately.

Biscuit Bites

1 (12 oz.) tube refrigerated
buttermilk biscuits
2 Tbsp. grated Parmesan cheese
1 tsp. onion powder

Cut each biscuit in half. Place on a greased baking sheet. Combine Parmesan cheese and onion powder. Sprinkle over biscuits. Bake at 375° for 8-10 minutes or until golden brown.

Hamburger Cheese Dip

$\frac{1}{2}$ lb. hamburger, browned
 $\frac{1}{2}$ tsp. chili powder
 $\frac{1}{4}$ tsp. garlic powder
4 oz. mild taco sauce
 $\frac{1}{2}$ tsp. Worcestershire sauce
 $\frac{1}{2}$ lb. Velveeta cheese

Mix together and heat. Serve with nacho chips.