

*Amish*  
COOKING CLASS



THE BLESSING

WANDA E.  
BRUNSTETTER

## Recipes from Heidi's Cooking Classes:

### *Baked Oatmeal*

Ingredients:

2 eggs, beaten

1 cup sugar or substitute  
sweetener

½ cup butter, melted

3 cups oatmeal

1 cup milk

2 teaspoons baking powder

Pinch of salt

Preheat oven to 350 degrees. Combine eggs, sugar, and butter in 2-quart baking dish. Add oatmeal, milk, baking powder, and salt. Stir until well blended. Bake for 30 minutes. May be served plain or with milk or whipping cream.

## *Amish Friendship Bread*

### Ingredients:

|  |   |
|--|---|
| 1 cup starter (see recipe for starter below) | 2 teaspoons cinnamon                            |
| 3 eggs                                       | ½ teaspoon salt                                 |
| 1 cup oil                                    | ½ teaspoon baking soda                          |
| ½ cup milk                                   | 1 to 2 small boxes instant pudding (any flavor) |
| ½ teaspoon vanilla                           | 1 cup nuts, chopped (optional)                  |
| 2 cups flour                                 | 1 cup raisins (optional)                        |
| 1 cup sugar                                  |   |
| 1½ teaspoons baking powder                   |   |

Preheat oven to 325 degrees. Grease and flour two large loaf pans. Mix 1 cup starter (recipe below) with eggs, oil, milk, and vanilla. In separate bowl, mix flour, sugar, baking powder, cinnamon, salt, baking soda, instant pudding mix, and nuts and/or raisins, if desired. Add to liquid mixture and stir thoroughly.

Dust greased pans lightly with some cinnamon-sugar mixture. Pour batter evenly into pans and sprinkle remaining cinnamon-sugar mixture on top.

Bake for one hour or until toothpick inserted in center of bread comes out clean.

Options: Use 2 boxes pudding mix. Change flavor of pudding mix. Add up to 2 cups dried fruit or baking chips (note: heavier add-ins may sink to bottom). Decrease fat by substituting ½ cup oil and ½ cup applesauce for 1 cup oil in recipe. Decrease eggs by using 2 eggs and ¼ cup mashed banana. Use large Bundt pan rather than two loaf pans.

Recipe for Starter:

|                                    |              |
|------------------------------------|--------------|
| ¼ cup warm water                   | 3 cups milk  |
| 1 (¼ ounce) packet yeast           | 3 cups flour |
| 1½ cups plus 1 tablespoon<br>sugar |              |

Day 1: Put warm water in bowl with yeast. Sprinkle 1 tablespoon sugar over it and let stand in warm place to double in size (about 10 minutes). Mix 1 cup milk, ½ cup sugar, 1 cup flour, and yeast mixture. Stir with wooden spoon. Do not use metal spoon as it will retard yeast's growth. Cover loosely and let stand at room temperature overnight.

Days 2–4: Stir starter each day with wooden spoon. Cover loosely again.

Day 5: Stir in 1 cup flour, 1 cup milk, and ½ cup sugar. Mix well. Cover loosely.

Days 6–9: Stir well each day and cover loosely.

Day 10: Stir in 1 cup flour, ½ cup sugar, and 1 cup milk. It's now ready to use to make bread. Remove 1 cup to make your first bread. Give 1 cup each to two friends, along with the recipe for the starter and your favorite Amish bread. Store remaining starter in a container in refrigerator (or freeze) to make future bread.

## *Chicken in a Crumb Basket*

Ingredients for crumb basket:

½ cup butter, melted

6 cups bread crumbs

¼ cup onion, chopped

1 teaspoon celery salt

½ teaspoon poultry seasoning

Mix all ingredients in bowl. Line bottom and sides of greased 2-quart casserole dish with mixture, forming a “basket.” Bake at 350 degrees for 15 minutes.

Filling:

¼ cup butter

¼ cup flour

½ cup milk

1½ cups chicken broth

1 cup carrots, finely chopped

1 cup potatoes, finely chopped

3 cups chicken, cooked and  
finely chopped

1 cup fresh or frozen peas

Make white sauce in a kettle by melting butter, browning flour in butter, then slowly adding milk, followed by broth. In separate pot, cook carrots and potatoes in water until soft. Drain. Add chicken and peas. Coat with white sauce. Pour into crumb basket and bake at 350 degrees for 30 to 40 minutes.

## *Apple Corn Bread*

|                                     |   |
|-------------------------------------|---|
| ¾ cup cornmeal                      | 1 egg, beaten                                 |
| ¾ cup spelt or whole wheat<br>flour | 1 teaspoon vanilla                            |
| 3 teaspoons baking powder           | ¾ cup buttermilk                              |
| ¼ teaspoon cloves                   | 2 tablespoons cooking oil or<br>melted butter |
| 1 teaspoon cinnamon                 | 1 tablespoon honey                            |
| ¾ teaspoon salt                     | 2 cups diced apples                           |

Sift dry ingredients together in a bowl. Add egg, vanilla, and buttermilk. Blend well. Add oil, honey, and apples. Mix thoroughly. Pour into greased, 9-inch square pan. Bake at 350 degrees for 25 minutes.

## *Pumpkin Whoopie Pies*

|                                       |                          |
|---------------------------------------|--------------------------|
| 2 cups brown sugar                    | 1 teaspoon salt          |
| 1 cup vegetable oil                   | 1 teaspoon baking powder |
| 1½ cups pumpkin (cooked or<br>canned) | 1 teaspoon baking soda   |
| 2 eggs                                | 1½ tablespoons cinnamon  |
| 1 teaspoon vanilla                    | ½ tablespoon ginger      |
| 3 cups flour                          | ½ tablespoon cloves      |

Preheat oven to 350 degrees. Cream sugar and oil together in mixing bowl. Add pumpkin, eggs, and vanilla. Mix well. Add dry ingredients and stir until combined. Drop by heaping teaspoon onto greased cooking sheet. Bake for 10 to 12 minutes.

### Filling:

|                    |                        |
|--------------------|------------------------|
| 2 egg whites       | ¼ teaspoon salt        |
| 1½ cups shortening | 4½ cups powdered sugar |
| 1 teaspoon vanilla |                        |

In a bowl, beat egg whites and add shortening, vanilla, and salt until combined well. Stir in powdered sugar and mix until creamy. Spread some of filling on cookie. Place another cookie on top of filling. Wrap each “sandwich” in plastic.

## *Christmas Crunch Salad*

4 cups broccoli, cut into small pieces

4 cups cauliflower, cut into small pieces

1 medium onion, chopped

8 cherry tomatoes, halved

### Dressing:

1 cup mayonnaise

½ cup sour cream

1 to 2 tablespoons sugar

1 tablespoon apple cider

vinegar

Salt and pepper to taste

Put cut-up vegetables in a bowl. In another bowl, combine dressing ingredients. Pour over vegetables and toss well. Cover and chill in refrigerator for 1 to 2 hours.



## *Discussion Questions*

1. For some time after Kendra changed her mind about letting Heidi and Lyle adopt her baby, Heidi grieved. How would you deal with a situation like Heidi's? Would you try adopting another baby or be content in your marriage without children?
2. In addition to teaching her students how to make some traditional Amish meals, Heidi felt compelled to help those in her class who had emotional or spiritual problems. Sometimes, however, she was unable to get through to them. Is there ever a time we should stop trying to help someone?
3. Kendra changed her mind about letting Lyle and Heidi adopt her baby because her parents agreed to let her come home so they could help raise the child. Was it right for Kendra to break her agreement with the Troyers? Would her baby have been better off with them instead of Kendra and her parents?
4. Nicole had a lot of responsibility on her young shoulders: trying to keep an eye on her two siblings, cleaning, and cooking while her father went to work. This ended up affecting her grades because she had less time to concentrate on her studies. Do you think she should have been honest with her father from the beginning and explained that she was falling behind at school due to all her responsibilities at home? Was Nicole trying to prove something by taking on all the responsibilities her mother used to do?
5. Nicole was bitter and angry at her mother for divorcing her dad, and she struggled with her relationships with others. What are some ways we can help a person like Nicole?

6. Lance had an issue with his brother when he came to live with him for a while. Dan kept doing things to get on Lance's nerves, until Lance was fed up and sought some other place for his brother to stay. Rather than taking that approach, would it have helped if Lance had communicated better with Dan when he asked him to stop doing the things he found annoying? Have you ever had someone living in your home temporarily? How did things work out for both of you?
7. Lance was a widower, and his daughters were always trying to play matchmaker, believing their dad needed another wife. Lance was content and didn't want to remarry. How could he have better conveyed that to his daughters?
8. Allie was married to a policeman, and she became upset because he filled in for others on the force, which didn't leave much time for them to be together as a family. Have you ever had a parent or spouse who worked too much and didn't take time to be with his or her family? How did you deal with that situation?
9. Allie suspected that her husband might be having an affair. Do you think she was too hasty in making this assumption? Did Allie's suspicions have more to do with her lack of self-esteem or was it a lack of trust in her husband?
10. Bill liked to hunt and had been saving for a trip to Alaska. But he depleted part of his savings when he did something to help someone in the cooking class, even though he didn't know her very well. Have you ever made a monetary sacrifice for someone you didn't know well? How did it make you feel?
11. Lisa was attracted to Todd, even though he didn't profess to be a Christian. Is it good for someone to date a person who doesn't share their religious beliefs? What does the Bible say about being unequally yoked with unbelievers? Does that also pertain to dating?

12. Although Todd wanted a relationship with Lisa, his dishonesty put a wedge between them. Todd also had a know-it-all attitude. Have you ever known someone like that? How did you respond, and did their attitude drive a wedge between you? Is there a nice way of telling someone who thinks they know everything that it's affecting your relationship?
13. Heidi liked to include a Bible verse on the back of the recipe cards she gave her students. Were there any verses in this book that spoke to your heart? How has God's Word helped you through a difficult time in your life?
14. Did you learn anything new about the Amish who live in Holmes County, Ohio, while reading this book? Why do you think some Amish communities differ in their rules and what the church ministers will allow their people to do?
15. Did you like how some of the characters from Book 1, *The Seekers*, were mingled into this story? Who were your favorite characters from Books 1 and 2, and what did you like about them?