

*The  
Forgotten  
Recipes*

*By: Amy Clipston*

## Table of Contents

Amish Chicken and Corn Soup  
Amish Baked Oatmeal  
Amish Cinnamon Bread  
Amish Friendship Bread Starter  
Amish Friendship Bread Without Starter  
Amish Fruit Cobbler  
Apple Pudding  
Apple Roll Ups  
Apple Walnut Squares  
Black Raspberry Pie  
Bread  
Cappuccino Muffins  
Carrot Bread  
Cherry Triangles  
Chilly Day Soup  
Chocolate Chip Bars  
Cinnamon Bread  
Cookies  
Creamed Celery  
Dream biscuits  
Dutch Country Meat Loaf  
German Potato Pancakes  
Granola  
Marigold Salve  
Meat Loaf Pie  
Mississippi Mud Pie  
Moist Banana Bread  
Peach Strudel  
Pig Lickin' Cake  
Pumpkin Spice Cake  
Pumpkin Whoopie Pies  
Raspberry Dream Torte  
Sauerbraten  
Schnitzel Beans  
Shoo Fly Cupcakes  
Soft Pretzels  
Sour Cream Sugar Cookies

# Amish Chicken and Corn Soup

12 cups water  
2 pounds boneless skinless chicken breasts, cubed  
1 cup chopped onion  
1 cup chopped celery  
1 cup shredded carrots  
3 chicken bouillon cubes  
2 cans (14-3/4 ounces each) cream-style corn  
2 cups uncooked egg noodles  
1/4 cup butter  
1 teaspoon salt  
1/2 teaspoon pepper

In a large pot, combine the water, chicken, onion, celery, carrots and bouillon. Bring to a boil. Reduce heat; simmer, uncovered, for 30 minutes or until chicken is no longer pink and vegetables are tender.

Stir in the corn, noodles and butter; cook 10 minutes longer or until noodles are tender. Season with salt and pepper.

## Amish Baked Oatmeal

*Sent in by Bakery Bunch Member Jessica Baker  
via food.com*

1/3 cup butter  
2 large eggs  
3/5 cup brown sugar  
1 and 1/2 teaspoons baking powder  
1 and 1/2 teaspoons vanilla  
1 teaspoon nutmeg or 1 teaspoon cinnamon  
1/4 teaspoon salt  
1 cup milk  
2 tablespoons milk  
3 cups oatmeal (regular or quick)

Melt butter.

Grease 1 and 1/2 quart baking dish and drop in eggs and beat well.

Add brown sugar, baking powder, vanilla, nutmeg or cinnamon, and salt.

Mix well, no lumps.

Whisk in butter and both measures of milk, then add oats.

Stir well, and refrigerate overnight.

Bake, uncovered, at 350 for 35-45 min, or until set in the middle.

Serve hot with warm milk poured over.

# Amish Connamon Bread

*Sent in by Bakery Bunch Member Chastity Ray  
via food.com*

## Batter:

1 cup butter, softened

2 cups sugar

2 eggs

2 cups buttermilk or 2 cups milk plus 2 tablespoons vinegar or lemon juice

4 cups flour

2 teaspoons baking soda

## Cinnamon Sugar Mixture:

2/3 cups sugar

2 teaspoons cinnamon

Cream together butter, 2 cups of sugar, and eggs.

Add milk, flour, and baking soda.

Put 1/2 of batter (or a little less) into greased loaf pans (1/4 in each pan).

Mix in separate bowl the 2/3 c sugar and cinnamon.

Sprinkle 3/4 of cinnamon mixture on top of the 1/2 batter in each pan.

Add remaining batter to pans; sprinkle with last of cinnamon topping.

Swirl with a knife.

Bake at 350 degrees for 45-50 min. or until toothpick tester come clean.

Cool in pan for 20 minutes before removing from pan.

**Amish Friendship Bread Starter**  
*Sent in by Bakery Bunch Member Zac Weikal*  
*via allrecipes.com*

1 (.25 ounce) package active dry yeast  
1/4 cup warm water (110 degrees F/45 degrees C)  
3 cups all-purpose flour, divided  
3 cups white sugar, divided  
3 cups milk

In a small bowl, dissolve yeast in water.  
Let stand 10 minutes.

In a 2 quart container glass, plastic or ceramic container, combine 1 cup flour and 1 cup sugar.

Mix thoroughly or flour will lump when milk is added.

Slowly stir in 1 cup milk and dissolved yeast mixture.

Cover loosely and let stand until bubbly.

Consider this day 1 of the 10 day cycle.

Leave loosely covered at room temperature.

On days 2 through 4; stir starter with a spoon.

Day 5; stir in 1 cup flour, 1 cup sugar and 1 cup milk.

Days 6 through 9; stir only.

Day 10; stir in 1 cup flour, 1 cup sugar and 1 cup milk.

Remove 1 cup to make your first bread, give 2 cups to friends along with this recipe, and your favorite Amish Bread recipe.

Store the remaining 1 cup starter in a container in the refrigerator, or begin the 10 day process over again (beginning with step 2).

# Amish Friendship Bread Without Starter

*Sent in by Bakery Bunch Member Babs Hightower*

1 cup butter, softened  
2 cups sugar  
2 eggs  
2 cups buttermilk or 2 cups milk plus 2 tablespoons vinegar  
4 cups flour  
2 tsp baking soda  
Cinnamon Sugar  
2/3 cups sugar  
2 tsp cinnamon

For the batter cream together butter, sugar and eggs.

Add milk, flour, and baking soda.

Divide 1/2 of the batter into two greased loaf pans.

Mix in separate bowl the 2/3 c sugar and cinnamon.

Sprinkle 3/4 of the cinnamon sugar on top of the batter in each pan.

Add remaining batter to pans; sprinkle the remaining cinnamon sugar on top of each

Swirl with a knife.

Bake at 350 for 45-50 min. or until toothpick comes out clean when tested.

Cool in pan for 20 minutes before removing from the pan.

## Amish Fruit Cobbler

*Sent in by Bakery Bunch Member Cindy Loven  
via Laura V. Hilton*

1/2 cup butter

3/4 cup milk

2 cups sugar, divided

1 cup flour

1 1/2 teaspoons baking powder

2 cups fruit (peaches, apples, blueberries, blackberries, etc)

Preheat oven to 350 degrees.

In 8 x 11-inch pan, melt butter.

In mixing bowl, combine milk, 1 cup sugar, flour and baking powder.

Pour mixture over melted butter but do not stir.

Space fruit on top and sprinkle with remaining 1 cup sugar.

Bake for 35 minutes or until fruit is soft.

NOTE: This is for fresh or frozen fruit. If using canned, eliminate 1 cup sugar.



# Apple Pudding

6 large apples

2 eggs

$\frac{3}{4}$  cup sugar

1 teaspoon cinnamon

$\frac{1}{4}$  cup shortening

$\frac{1}{2}$  cup water

1 cup flour

1 teaspoon baking powder

$\frac{3}{4}$  teaspoon salt

Pare and slice apples and place in a greased baking dish.

Combine sugar and cinnamon and mix into apples.

In a separate dish, place well beaten eggs, salt, and shortening and mix thoroughly, adding flour, baking powder, and water.

Pour over apples. Bake in 350 degree oven for 30 minutes.

# Apple Roll Ups

2 cups flour  
4 teaspoons baking powder  
1 1/4 teaspoon salt  
2 tablespoons sugar  
4 Tablespoons lard  
3/4 cup milk  
4 medium apples, sliced

nutmeg  
cinnamon

1 1/2 cups brown sugar for sauce

Make dough of first 4 dry ingredients, lard, and milk.  
Roll out as for pie dough (1/4 inch thick).  
Spread apples on top and sprinkle with nutmeg and cinnamon.  
Roll up as for jelly roll and cut in round slices.  
Place slices in greased cake pan with open side up.  
Boil together 1 pint of water and 1 1/2 cup brown sugar.  
Pour over apples slices. Bake at 350 until brown.

## Apple Walnut Squares

*Sent in by Bakery Bunch Member Cathy Cermele  
via Country Blessings Cookbook*

½ cup shortening  
1 cup sugar  
1 egg  
1 ½ cups flour  
1 ½ teaspoons baking soda  
½ teaspoon salt  
2 ½ cups tart apples (peeled and chopped)

### Topping

½ cup packed brown sugar  
1 cup walnuts(chopped)  
1 teaspoon cinnamon  
1 teaspoon vanilla extract

In a mixing bowl, cream the shortening and sugar.

Beat in egg.

Combine flour, baking soda, and salt.

Gradually add to the creamed mixture and mix well.

Dough will be stiff.

Stir in apples, and spread batter into greased 13x9x2 inch baking pan.

Combine brown sugar, walnuts, cinnamon and vanilla.

Bake 30-35 minutes until golden brown.

Cool and cut into squares.

# Black Raspberry Pie

2 unbaked pie shells

Bring 2 quarts of water to boil.

Meanwhile, moisten 1 cup \*Therm Flo with  $\frac{3}{4}$  cup water

Whisk together, then whisk into boiling water.

Add  $\frac{3}{4}$  cup sugar.

Remove from heat and add one quart fresh raspberries.

Pour into pie shells (don't overfill, you may have extra).

Top with pie crust; cut holes in dough to allow steam to escape.

Bake at 350 degrees for one hour.

\*Therm Flo is a modified food starch derived from waxy maize. It is used in canning and freezing home-prepared foods as a clear thickener.

# Bread

1 Tablespoons yeast

½ cup warm water

Combine and let sit for 10 minutes.

After 10 minutes, mix in:

2 Tablespoons sugar

2 Tablespoons oil

2 teaspoons salt

2 cups warm water

5 cups bread flour

Form into a ball and let rise for 15 minutes in a warm place.

Punch down and let rise 15 more minutes.

After the 4th punch, shape into loaves and place in greased bread pans.

Let rise to the top of the pan.

Bake at 400 degrees until golden brown.

Makes 2-3 loaves.

## Cappuccino Muffins

*Sent in by Bakery Bunch Member Susie Koenig  
via Simply Delicious Amish Cooking*

2 cups flour  
3/4 cups sugar  
2 and 1/2 teaspoons baking powder  
1 yeaspoon cinnamon  
1/2 teaspoon salt  
1 cup milk  
2 tbsp instant coffee  
1/2 cup butter  
1 egg, beated  
1 tsp vanilla extract  
3/4 cup minature chocolate chips

### Espresso Spread

4 ounces cream cheese, cubed  
1.2 tsp instand coffee  
1 tbsp sugar  
1/2 tsp vanilla extract  
1/4 cup minatrure chocolate chips

Preheat oven to 350 degrees.

In a bowl, combine flour, sugar, baking powder, cinnamon, and salt.

In a separate bowl, stir milk and coffee granules until ingredients just until moistened.

Fold in chocolate chips.

Fill greased or paper lined muffin cups two-thirds full.

Bake 17-20 minutes.

Meanwhile compbine Espresso Spread ingredients in a small bowl.

Remove muffins from pan as soon as they are removed from oven and frost immediately to melt chocolate.

## Carrot Bread (makes 2 loaves)

3 eggs  
1 ½ cup oil  
2 cup sugar  
3 teaspoons vanilla  
3 cups flour  
1 teaspoons baking soda  
1 teaspoons salt  
3 teaspoons cinnamon

2 cups grated carrots  
1 cups crushed pineapple with juice  
¾ cups chopped nuts

Beat all ingredients together well except the carrots, pineapple, and nuts.  
Add remaining ingredients and mix.  
Bake in 2 large, greased loaf pans.  
Bake at 325 for 1 hour.

# Cherry Triangles

## **Filling:**

¾ cup sugar  
5 level tablespoons cornstarch  
¼ teaspoon salt  
1 qt. red cherries drained  
1 cup cherry juice  
1 tablespoon butter  
2 teaspoons lemon juice  
few drops red food coloring

Mix sugar, cornstarch and salt in saucepan. Add cherry juice and cook, stirring until thickened. Stir in lemon juice, cherries and red food coloring. Cool.

## **Dough:**

2/3 cup scalded milk  
1 pkg. active dry yeast  
1 cup butter  
2 ½ cup sifted flour  
4 egg yolks slightly beaten

Cool milk to lukewarm, add yeast, cut in butter into flour. Add liquid ingredients and egg yolks to dry ingredients. Mix thoroughly. Turn out onto floured surface and knead 10 times. Divide in half. Roll first half until large enough for greased 11 ½ x 17 ½ inch pan. Spread cooled cherry filling over dough. Roll out second portion of dough and fit over dough together. Allow to rise in warm place 15 minutes. Bake 350 degrees 45-55 minutes.

## **Frosting:**

¼ cup butter  
½ teaspoon vanilla  
¾ cup chopped nuts  
2 tablespoons cream  
1 ½ cups 10x sugar

Cream together butter, vanilla and cream. Add sugar, beating until mixture is well blended. Spread frosting over partially cooled cookies. Sprinkle with chopped nuts. When cool, cut into 3-inch squares and then cut again. Makes 48 triangles.



# Chilly Day Soup

1 large carrot  
2 cups water  
1 large onion, chopped  
1 quart diced potatoes  
1/3 cup macaroni  
1 teaspoon salt  
¼ teaspoon pepper  
2 cups milk  
2 tablespoons butter  
1 cup cooked meat (optional)

Chop carrot and cook in 2 c water.

When carrot is partially cooked, add onion, potatoes, macaroni, salt, and pepper.

Add enough water to cover and cook until tender.

Add milk and butter and heat well.

Add meat if desired.

# Chocolate Chip Bars

*Sent in by Bakery Bunch Member Sarah Storm*

1 cup Butter

1cup Brown Sugar

2 cups Flour

1 cup Chocolate Chips

Cream butter and Brown Sugar.

Add Flour and chips. Mix well.

Bake at 350 until golden brown.

# Cinnamon Bread

*Sent in by Bakery Bunch Member Carole Jarvis  
via redflycreations.com*

## Batter:

1 cup butter, softened

2 cups sugar

2 eggs

2 cups buttermilk (or 2 cups milk + 2 tablespoons vinegar or lemon juice)

4 cups flour

2 teaspoons baking soda

## Cinnamon/sugar mixture:

2/3 cups sugar

2 teaspoons cinnamon

Cream together butter, 2 cups of sugar, and eggs.

Add milk, flour, and baking soda.

Put 1/2 of batter (or a little less) into greased loaf pans (1/4 in each pan).

Mix in separate bowl the 2/3 c sugar and cinnamon.

Sprinkle 3/4 of cinnamon mixture on top of the 1/2 batter in each pan.

Add remaining batter to pans; sprinkle with last of cinnamon topping.

Swirl with a knife.

NOTE: This bread can also be made in muffin tins, which make it easier to freeze and take out as needed.

# Cookies

*Sent in by Bakery Bunch Member Lindsey Zimpel*

1 cup butter, softened  
1 cup vegetable oil  
1 cup sugar  
1 cup confectioners' sugar  
2 eggs  
1 teaspoon vanilla extract  
4-1/2 cups all-purpose flour  
1 teaspoon baking soda  
1 teaspoon cream of tartar

TOTAL TIME: Prep: 10 min. Bake: 10 min./batch MAKES: 30 servings

In large bowl, beat the butter, oil and sugars.

Beat in eggs until well blended.

Beat in vanilla.

Combine the flour, baking soda and cream of tartar; gradually add to creamed mixture.

Drop by small teaspoonfuls onto ungreased baking sheets.

Bake at 375° for 8-10 minutes or until lightly browned.

Remove to wire racks to cool.

Yield: about 5 dozen.

## Creamed Celery

3 cups diced celery  
3 tablespoons butter  
3 tablespoons flour  
1 teaspoon salt  
¼ teaspoon pepper  
1 cup milk  
1/2 cup water in which celery was cooked

Cook the celery in boiling salted water until tender and then drain, saving ½ c of the liquid.

When the celery has cooked, make a white sauce of the other ingredients. Pour this sauce over the cooked celery, heat together, and serve.

## Dream Biscuits

*Sent in by Bakery Bunch Member Shondra Brwon  
via Amish Cookbook*

1 cup flour  
2 teaspoons sugar  
3 tablespoons shortening  
1/2 teaspoon salt  
2 teaspoons baking powder  
1/2 cup milk

Cut shortening into dry ingredients.  
Add milk.  
Roll out and cut.  
Bake at 450 for 10 to 12 minutes.

# Dutch Country Meat Loaf

2 lbs ground beef  
1 lb ground pork  
2 cups milk  
3 eggs  
2 cups bread crumbs  
1 medium onion, chopped  
salt and pepper

Soak bread crumbs in milk for 2 minutes.

Combine the meats, bread crumbs, eggs, onion, and seasoning.

Mix thoroughly and shape into a loaf.

Place in roasting pan, add  $\frac{1}{2}$  inch water, and bake at 375 for 1  $\frac{1}{2}$ -2 hours.

## German Potato Pancakes

2 medium onions, grated  
2 large potatoes, grated  
1 ½ Tablespoons flour  
1 teaspoon baking powder  
2 eggs  
1 Tablespoon chopped parsley  
½ teaspoon salt  
1/8 teaspoon pepper  
Butter for frying

Combine potatoes and onions.

Add eggs.

Then add salt, pepper, flour, parsley, and baking powder.

Mix again.

Form into thin cakes and fry slowly in butter until browned.

Makes about 8 cakes.



# Granola

5 cups oatmeal  
1 1/4 cups brown sugar  
1 cup wheat germ or oat bran  
1 cup coconut (optional)  
3/4 cup butter = (1 1/2 sticks)  
1 teaspoon salt  
1 teaspoon vanilla  
2 Tablespoons of peanut butter (optional)

Melt butter in saucepan and remove from heat.

Add vanilla and peanut butter.

Mix well.

Pour onto dry ingredients.

Mix well and put into 2 shallow baking pans.

Bake at 350 for 30-35 min or until brown.

Stir once or twice while baking.

## Marigold Salve

*Sent in by Bakery Bunch Member Christa Metz  
via Country Kitchen Aromas*

1 qt. olive oil  
marigolds, unsprayed  
3 tablespoons golden seal root  
1/4 lb. beeswax

In the fall I take the flowers, leaves and stems of unsprayed marigolds, cut into pieces ½” or shorter. I put all the marigolds in the olive oil that can be saturated with oil. You may also add golden seal root powder. Heat to 180 degrees. Let set overnight. In the morning heat to 180 degrees, then press out all the oil from the pulp. Add beeswax. Put in small jars. The salve will set up. It doesn't need to be refrigerated. Rub the salve on legs for varicose veins, or put on a cloth and tie on legs if they are bad. Use on burns, cuts or any sores. The salve can be put on thickly and bandaged. Marigolds can also be dried for a herb tea which is a good blood purifier, and it is considered to dissolve tumors and cure cancer if enough is consumed in a day.

## Meat Loaf Pie

*Sent in by Bakery Bunch Member Cindy Linthicum  
via Tasty Traditions*

2 lb. ground beef  
1 teaspoon salt  
1/4 teaspoon pepper  
3/4 cup milk  
3 eggs  
1/4 cup oatmeal  
Onion, to taste

Mix ingredients.  
Divide and pat into 2 pie plates.  
Top with sauce.

Sauce:

2/3 cup ketchup  
2 tablespoons mustard  
4 tablespoons brown sugar

Bake at 350 degrees for 40 minutes.  
Top with mashed potatoes and sprinkle with shredded cheese.  
Bake until heated.

# Mississippi Mud Pie

1-4 oz. pkg. ground pecans  
3 reg. boxes instant butterscotch or chocolate pudding  
1 large container whipped topping  
1-8 oz. cream cheese  
1 stick butter  
1 cup flour  
1 cup 10x sugar  
1 can coconut

## **First layer:**

½ pkg. ground pecans mixed with flour and butter.  
Press on bottom of 9x13 inch pan.  
Bake 350 for 20 minutes.  
Cool.

## **Second layer:**

Mix cream cheese, 10x sugar and 1/2 of whipped topping.  
Spread over crust.  
Then sprinkle with ½ can coconut and ½ chopped nuts.

## **Third layer:**

Mix pudding with 5 cups cold milk.  
Spread over 2nd layer. Top with remaining topping.  
Sprinkle remaining coconut and nuts.  
Freeze.  
Remove 1 hour before serving.  
Cut while frozen.

# Moist Banana Bread

2 cups flour  
1 ½ teaspoons baking powder  
½ teaspoon salt  
½ teaspoon baking soda  
¼ teaspoon nutmeg  
2 eggs  
½ cup butter  
2 tablespoons milk  
½ teaspoon lemon juice  
1 cup sugar  
3 medium bananas, mashed

Beat together eggs, butter, milk, lemon juice, and sugar.  
Add bananas and mix.  
Add dry ingredients and mix only until flour is moist.  
Grease loaf pan and pour in batter.  
Bake at 350 for 45-50 minutes.

# Peach Strudel

fresh peaches  
cinnamon and sugar  
butter

1 cup sugar  
1 teaspoon baking powder  
1 cup flour  
3/4 teaspoon salt  
1 egg

Into bottom of a buttered baking dish put thick layers of peaches.  
Sprinkle with sugar and cinnamon.  
Dot with lumps of butter.  
Sift dry ingredients and then add egg.  
Put over peaches.  
Bake at 350 until brown.

# Pig Lickin' Cake

*Sent in by Bakery Bunch Member Elizabeth Dent*

1 box French Vanilla cake mix  
4 eggs, beaten  
1/4 cup of oil  
2 small cans mandarin oranges ( drain one can )

Mix cake mix, eggs, oil, and mandarin oranges.

Mix well.

Prepare three greased cake pans.

Bake at 350 degrees 25 to 30 minutes.

Cool

Icing:

1 - 16 ounce carton cool whip

1 box French Vanilla instant pudding

1 large can crushed pineapple (use about half the juice)

1 1/2 cup chopped pecans (optional)

Mix crushed pineapple and instant pudding together, add cool whip.

Mix well and add pecans.

Frost cake and keep in refrigerator.

# Pumpkin Spice Cake

*Sent in by Bakery Bunch Member Amy Fields*

## Cake:

2 cups flour  
2 cups sugar  
2 tsp. baking powder  
2 teaspoons soda  
1/2 teaspoon salt  
2 teaspoons cinnamon  
2 cups pumpkin  
4 eggs  
1 cup salad oil  
1 cup nuts

Sift flour with sugar, baking powder, soda, salt and cinnamon.

Add remaining ingredients except nuts.

Beat until smooth.

Add nuts.

Pour into 13 x 9 pan.

Bake at 350 for 45 minutes.

Can be baked in Bundt Pan or Angel Food Cake Pan.

## Frosting:

1 stick of butter  
8 oz. cream cheese  
1 teaspoon vanilla  
1 box powdered sugar use until right consistency

Cream butter and cream cheese.

Add vanilla and powdered sugar.

Mix until smooth.



# Pumpkin Whoopie Pies

2 egg yolks  
2 cups brown sugar  
1 cup oil  
1 teaspoon vanilla  
2 cups cooked pumpkin  
3 cups flour  
1 teaspoon salt  
1 teaspoon baking soda  
1 teaspoon baking powder  
1 teaspoon cloves  
1 teaspoon cinnamon  
1 teaspoon ginger  
Pinch of nutmeg

Beat eggs yolks, brown sugar, and oil until smooth.

Combine remaining ingredients and drop onto greased cookie sheet in 2-3 inch circles.

Bake at 350 for 12 minutes.

Cool and fill with filling.

## Pumpkin Whoopie Pies Filling

2 teaspoons vanilla  
2 tablespoons milk  
2 egg whites, unbeaten  
4 tablespoons flour  
1 lb. powdered sugar  
1 ½ cups shortening

Combine all ingredients and mix well.

Spread between cookie.

## Raspberry Dream Torte

1-10 oz. pkg. frozen raspberries  
1 ¼ cup vanilla wafer crumbs  
¼ cup melted butter  
½ cup butter  
1 ½ cups 10x sugar  
¼ teaspoon vanilla  
¼ teaspoon almond extract  
¼ cup sugar  
2 Tablespoon cornstarch  
Whipped cream for garnish  
2 eggs

Defrost raspberries.

Combine vanilla wafer crumbs and ¼ cup melted butter.

Press into bottom of 7-½ inch spring form pan.

Cream ½ cup butter and 10x sugar.

Add eggs, beating well after each.

Blend in extracts.

Spread over crumb layer.

Chill until firm.

Combine sugar, cornstarch, and raspberry.

Cook, stirring constantly until clear and thick.

Pour raspberry filling over torte.

Refrigerate several hours.

Garnish with whipped cream.

# Sauerbraten

## Marinade:

1 roast

2 cups vinegar

1 tablespoon of salt

½ teaspoon pepper

2 onions sliced

1 carrot sliced

½ cup chopped celery

4 cloves

4 whole black peppers

2 bay leaves

Standing time in marinade: 5-6 days, turn daily

Remove from marinade.

Throw away marinade.

Sear meat with 3 tablespoons of shortening.

Pour large can of beef broth over meat and simmer for 3 hours.

In pan, blend:

5 tablespoons of melted butter

5 tablespoons of flour

1 tablespoon of sugar

Blend until smooth on low heat

Stir into simmering meat liquid

Continue simmering until tender

(Note from Amy: We like to serve with potato dumplings by Panni. We find them in the international section at Harris Teeter.)

# Schnitzel Beans

4 slices bacon  
1 qt. fresh string beans  
3 medium onions, sliced  
2 cups tomatoes, chopped  
1 teaspoon salt  
½ teaspoon pepper  
1 cup hot water

Fry the bacon and then crumble.

Slice the onions and fry until soft.

Cut the beans into 1 inch pieces and brown slightly with the onions.

Add the bacon, tomatoes, seasoning, and boiling water.

Cover and cook very slowly until the beans are tender.

Add water if necessary to make a little sauce to serve with the beans.

# Shoo Fly Cupcakes

2 ½ cups flour  
½ cup shortening  
1 ½ cup light brown sugar  
1 cup brown sugar  
1 1/8 teaspoons baking powder  
1 1/8 teaspoons baking soda  
1 ½ cup boiling water  
cinnamon

Mix together flour, shortening, and light brown sugar.  
Save 1 cup of this mixture for the top of the cupcakes.  
Add rest of ingredients to above mixture.  
Mix well.  
Spoon into paper cupcake cups and top with crumbs.  
Sprinkle with cinnamon.  
Bake at 350 for 20 minutes.

# Soft Pretzels

1 ½ cups warm water  
1 1/8 teaspoons active dry yeast  
2 tablespoons brown sugar  
1 1/4 teaspoons salt  
1 cup bread flour  
3 cups regular flour

2 cups warm water  
2 Tablespoons baking soda

Coarse salt  
2-4 tablespoons melted butter

Sprinkle yeast on warm water in mixing bowl.  
Stir to dissolve.  
Add brown sugar and salt.  
Stir to dissolve.  
Add flours and knead dough until smooth.  
Let it rise for 30 minutes.

While dough is rising, mix 2 cups warm water with 2 tablespoons baking soda.  
Stir often.

After dough has risen, roll pieces of dough into a long rope (no more than a ½ inch thick).

Shape into a pretzel or keep in strips.

Dip in baking soda solution and place on greased baking sheet.

Let dough rise again.

Bake at 450 degrees for 10 minutes or until golden brown.

Brush with melted butter and sprinkle with coarse salt.

You can also sprinkle with cinnamon and sugar.

## Sour Cream Sugar Cookies

*Sent in by Bakery Bunch Member Cheryl Baranski*

3¼ cup flour  
1 tsp. Baking soda  
½ teaspoon salt  
1 cup sugar  
½ cup butter, soften  
1 egg  
1 teaspoon vanilla  
½ teaspoon nutmeg  
½ pint (1 cup) sour cream

Cream the butter, egg, vanilla, and sour cream together.

Then add the dry ingredients.

The dough will be sticky, I divide it to make it easier to work with.

Work the dough with some flour just enough so it can be rolled out and cut with cookie cutters.

Roll it out to about a fat ¼ inch.

Just before you are done sprinkle sugar over the dough then lightly roll the sugar in.

Bake at 425 degrees for about 8 min.

*Clipston* | 2016