

# Amish Recipes

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# Homemade Whoopie Pies

Maybe you know them as “Gobs” (especially if you hail from PA) or maybe you know them as “Whoopie Pies”. Whatever you call them, these classic desserts are absolutely irresistible! They consist of two cakey chocolate cookies sandwiched around an old-fashioned vanilla filling. Today I’m sharing my grandmother’s recipe, no marshmallow fluff in this one!

Prep Time: 1 hour

Cook Time: 10 minutes

Cooling Time: 1 hour

Total Time: 1 hour 10 minutes

Servings: 16 whoopie pies

Calories: 284kcal

## Ingredients

### CHOCOLATE COOKIES

1 cup sugar 200g

¼ cup shortening I use Crisco

1 large egg lightly beaten

1 teaspoon vanilla extract

1/2 cup buttermilk

2 cups all-purpose plain flour (250g)

1/4 cup cocoa powder<sup>2</sup> 50g

1 teaspoon baking soda

1/4 teaspoon baking powder

1/2 teaspoon salt

1/2 cup very hot or boiling water 120ml

### CREAM FILLING

1 cup whole milk 236ml

5 Tablespoons all-purpose plain flour

3/4 cup unsalted butter 170g

2 Tablespoons shortening

¼ teaspoon salt

1 teaspoon vanilla extract

1 cup powdered sugar 125g



## Instructions

### CHOCOLATE COOKIES

- Preheat oven to 450F (235C) and line several cookie sheets with parchment paper
- Set aside.
- In a large bowl or in the bowl of a stand mixer, combine sugar and shortening and beat together until well-combined.
- Add egg and vanilla extract and stir until mixture is pale yellow and well-combined. Stir in buttermilk and then set aside.
- In a separate, medium-sized bowl, whisk together flour, cocoa powder, baking soda, baking powder, and salt.
- Prepare your boiling water.
- Alternate adding the dry ingredients and hot water to the wet ingredients, starting and ending with the dry ingredients and stirring until combined after each addition. I usually add the flour in 3 parts and the water in 2.
- Stir until well-combined and mixture is smooth. Be sure to use a spatula to scrape the sides and bottom of the bowl to ensure ingredients are thoroughly combined. The mixture should be thin like a cake batter rather than thick like a cookie dough.
- Drop cookie batter by a heaping Tablespoon onto prepared baking sheets, spacing cookies at least 2” apart (they will spread in the oven).
- Bake for 5 minutes in 450F (235C) oven, then remove from oven and allow to cool completely.
- Meanwhile, prepare your cream filling.

### FILLING

This Whoopie Pie filling starts with a flour/milk paste that’s critical to the texture and consistency of an old-fashioned Whoopie Pie.

- Pour milk into medium-sized saucepan over medium/low heat and then sift/whisk flour into milk until smooth.
- Continue to whisk constantly until mixture is thickened to a near paste-like consistency that wants to cling together.
- Remove from heat and allow to cool completely before proceeding (if it’s warm and you proceed you’ll melt your filling and have a runny mess).
- To speed up the process you can pour mixture into another container but it will take at least 30 minutes. Flour mixture will thicken even more as it cools.
- Once flour/milk mixture has cooled, add to a medium-sized mixing bowl along with butter, shortening, salt and vanilla.
- Use an electric mixer to beat until creamy and well-combined.
- With mixer on low speed, gradually add powdered sugar until completely combined.
- Pair up your cooled chocolate cookies so that you have evenly-sized pairs.
- Pipe or spread filling onto the bottom of one cookie then top with another cookie to make a sandwich.
- Repeat until all cookies are filled.

Enjoy!

# AMISH MACARONI SALAD

Classic Amish Macaroni Salad is an old-time favorite. And it's a classic favorite for a reason ~ because it's just plain good. With its sweet creamy dressing, this macaroni salad is simply perfect for potlucks, backyard barbecues, and pretty much any everyday meal!

PREP TIME: 20 minutes

COOK TIME: 20 minutes

TOTAL TIME: 40 minutes

## INGREDIENTS:

- 2 cups uncooked elbow macaroni
- 3 hard boiled eggs, chopped
- 1/2 cups finely chopped onion
- 1/2 cups chopped celery (about 2 stalks)
- 1/2 cups chopped red pepper (about 1/2 of a large pepper)
- 2 Tbsp pickle relish
- 1 1/2 cups Miracle Whip salad dressing
- 3 Tbsp yellow mustard
- 1/2 cups granulated sugar
- 1 Tbsp white vinegar
- 1/4 tsp. salt
- 3/4 tsp. celery seed



## INSTRUCTIONS:

- Cook macaroni in boiling salted water according to package directions.
- Drain and set aside to cool while preparing the rest of the ingredients.
- In a large bowl, combine chopped eggs, onion, celery, red pepper, and relish.
- In a separate smaller bowl, whisk together Miracle Whip, mustard, sugar, vinegar, salt, and celery seed.
- Pour over the chopped egg mixture.
- Add macaroni and stir until well combined.
- Cover and chill for at least an hour before serving.

# Amish Potato Stuffing Recipe

A delicious potato stuffing recipe, just like the Amish make it in Pennsylvania Dutch country. You'll love how easy and authentic this Amish Potato Stuffing is!

## Ingredients

- 5 tablespoons unsalted butter
- 1 medium onion diced
- 3 celery ribs chopped
- 1/2 teaspoon dried sage
- 1 tablespoon dried parsley
- 3 cups mashed cooked potatoes cooked
- 4 slices whole wheat bread crust removed and diced into 1/2-inch cubes
- Salt and pepper to taste

## Instructions

- Preheat oven to 350°F and grease a 7x11-inch casserole dish.
- In a large pot, melt the butter over medium-high heat.
- Saute the onion and celery until softened. Add the sage and parsley and stir to combine.
- Turn off the heat and add half of the mashed potatoes. Stir to combine. Add the bread cubes and stir.
- Stir in the remaining mashed potatoes. Season with salt and pepper to taste. Spread the mixture evenly in the prepared casserole dish.
- Bake for 25 to 30 minutes, until the top is golden. Serve warm.



# Amish Country Casserole

Amish Country Casserole is an economical, creamy dinner, perfect for a crowd.

Prep Time 10 minutes

Cook Time 35 minutes

Total Time 45 minutes

## INGREDIENTS

- 1 pound Pasta your choice ( 16 oz )
- 1 TB Olive Oil extra-virgin
- 1 Onion chopped
- 1 ½ pounds Lean Ground Beef
- 1 can Tomato Soup
- 1 can Mushroom Soup
- 1 cup Milk
- Salt and Black Pepper to taste
- 1/2 tsp Paprika
- 1/2 tsp Dried Parsley



## INSTRUCTIONS

- Pre-heat the oven to 350 degrees)
- Spray a large oven dish with cooking spray.
- Cook the Pasta, in a large pot, as per the instructions on the packet.
- Saute the Onion in the Olive Oil until soft
- Add the Ground Beef and cook until done.
- As soon as the Pasta is done – drain and return to the pot.
- Add the cooked Meat, Tomato and Mushroom Soups and Milk to the Pasta – stir through
- Season to taste with Salt and Pepper.
- Transfer to the prepared oven dish – sprinkle with Paprika and Parsley
- Bake 25 – 30 minutes.
- Serve while hot

# Chocolate Peanut Butter Butter Cream Whoopie Pies

Makes 12

## Ingredients

### For the cookies

- 1/2 cup butter - melted
- 1 cup brown sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 3/4 teaspoon salt
- 1 teaspoon vanilla
- 1 egg
- 1/2 cup Dutch process cocoa
- 2 1/3 cups flour
- 1 cup milk

### For the peanut butter butter cream filling

- 1/2 cup butter - melted
- 1 cup creamy Peanut Butter
- 2 tablespoons milk
- 2 cups powdered confectioners sugar



## Instructions

### For the cookies

- Preheat oven to 350 degrees.
- Spray baking sheet or whoopie pie pan.
- In a large mixing bowl mix together butter, sugar, baking powder, baking soda, salt and vanilla. Add the egg and continue beating until all smooth.
- Add Dutch process cocoa and continue mixing.
- Add flour and milk and continue beating until smooth. Make sure it's completely mixed and soft.
- Drop the cake dough by 1/4 cupfuls onto baking sheet
- Bake 11 to 13 minutes until firm.
- Remove from oven and let cool.

### For the peanut butter butter cream filling

- Beat melted butter and peanut butter in a bowl until mixed.
- Gradually mix in sugar and once thick, add milk in.
- Continue beating for about 2 minutes until butter cream is smooth and fluffy.
- Spread peanut butter filling on one pie, while using another pie to press it down.



# Corn Cob Jelly

## What does Corn Cob Jelly taste like?

In my opinion corn cob jelly tastes like sweet corn sprinkled with sugar, in jelly form. Not buttery but a sweet jelly that tastes like it has been kissed by sweet corn.

Use your leftover corn cobs and make old school corn cob jelly. The sweet corn kissed jelly adds a layer of sweet corn flavor to your favorite biscuits, corn bread, pancakes or what ever you like!

Prep Time 5 minutes

Cook Time 55 minutes

Total Time 1 hour

## Ingredients

- 12 medium-sized fresh corn cobs, corn removed
- 2 quarts water +
- 1 package powdered pectin
- 3 cups sugar

## Instructions

- Cut shucked corn cobs in two pieces.
- Place in a large stockpot, add enough to cover the cobs.
- Bring to a boil.
- Reduce heat and simmer 40 minutes.
- Strain the corn juice through a double layer of cheesecloth or a jelly bag.
- Measure 3 cups of corncob juice into a large pot. (Water may be added if needed to make 3 cups liquid.)
- Whisk in the pectin and bring to a boil.
- Add the sugar and bring the mixture back to a full roiling boil while stirring.
- Boil for 5 minutes.
- Remove from heat; skim off foam.
- Pour hot jelly immediately into hot, sterile jars, leaving ¼-inch head space.
- Wipe rims of jars with a dampened clean paper towel; adjust two-piece metal canning lids.
- Process 5 minutes in a boiling water bath. Adjust for altitude above 1000 ft.
- Remove from water bath and cool completely before storing in a cool place.

Makes 4 half pints.



# AMISH WHITE BREAD

Amish white bread (also known as milk bread) is a soft enriched sandwich bread that's easy to make at home.

## INGREDIENTS

- 1 cup milk, warm
- 1 cups water, warm
- 1 Tbsp sugar
- 2 Tbsp butter
- 1 Tbsp active dry yeast
- 1 tsp salt
- 5 1/2 cups flour
- Butter for brushing finished loaves



## INSTRUCTIONS

- Gently warm milk, water, butter and sugar on the stove until they're 90 to 100 degrees. Be careful not to over heat the pot, and if you do, make sure it cools to a comfortable skin temperature before proceeding.
- Add the yeast to the warm milk mixture, ensuring it's no more than 100 degrees or you'll kill the yeast.
- Allow the yeast to dissolve for 5-10 minutes.
- Stir in the salt and then begin adding the flour a few cups at a time.
- Knead the dough until it comes together, about 3-5 minutes.
- Allow the dough to rest for 5 to 10 minutes before kneading again until the bread dough forms a smooth dough, about 5-8 minutes.
- Allow the dough to rise in a warm place, covered by a damp towel until it's doubled in bulk, about 1 hour.
- Punch down the dough and knead for 3-5 minutes to remove any air.
- Cut the dough in half and knead until it forms smooth loaves.
- Place the loaves into prepared loaf pans.
- Preheat the oven to 350 so it can begin heating while the bread is in its final rise.
- Allow the bread to rise in the loaf pans in a warm place for 30 to 40 minutes until the bread has risen about 1 inch above the top of the pan.
- Bake the Amish white bread for about 30 minutes at 350 degrees until the tops are browned.
- While the bread bakes, melt about 1 tablespoon of butter and have it ready to brush the loaves immediately after they come out of the oven.
- Once the loaves are done, remove from the oven and brush with melted butter (this ensures a soft top crust, perfect for sandwiches).
- Allow the bread to cool completely before cutting.

## NOTES

Brushing the top with butter when the bread comes out of the oven is optional, but highly recommended. It'll ensure that the top crust stays soft, which will make this a much better sandwich bread.

# Amish Broccoli Cauliflower Salad

Keto Broccoli Cauliflower Salad  
yield: 12 prep time: 10 MINUTES  
cook time: 15 MINUTES  
total time: 25 MINUTES

## Ingredients

- 4 cups of chopped raw broccoli florets and stems
- 4 cups of chopped cauliflower florets and stems
- 9 slices of cooked bacon roughly chopped.
- ½ cup of finely chopped red or white onion
- ¼ cup of walnuts or other favorite low carb nut

## Amish Dressing

- 1 cup of full-fat mayonnaise
- 1 cup of full-fat sour cream
- 4 tablespoons of apple cider vinegar
- 2 tablespoons of sugar substitute
- 1 teaspoon of sea salt
- ½ teaspoon of cracked black pepper
- ½ cup of finely chopped red or white onion

## Instructions

### Dressing:

In a medium bowl mix together the mayonnaise, sour cream, vinegar, chopped onion, sugar substitute, salt, pepper making sure it is well combined. Set aside.

### Salad:

- Chop the broccoli and cauliflower using mainly the florets and only the tender part of the stems.
- In a large mixing bowl combine the chopped cauliflower and broccoli.
- Pour the dressing over the vegetables and stir to fully coat. Next fold in the bacon and nuts.
- Store in the refrigerator.



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# 5-INGREDIENT AMISH EASY BAKED SPAGHETTI

## Ingredients

- 1 small onion
- 1 lb. lean ground beef
- Salt and pepper to taste (I used about ½ teaspoon salt and ¼ teaspoon pepper)
- 3 cups homemade or store-bought marinara sauce
- 8 ounces uncooked spaghetti
- ½ cup grated cheese mozzarella cheese or cheddar cheese

## Instructions

- Preheat oven to 350°F (180°C).
- Spray a large baking dish with cooking spray and set aside.
- Heat about 2 teaspoons of olive oil in a large skillet over medium-high heat.
- Sauté onion until just tender (about 3-5 minutes).
- Add ground beef and cook until no longer pink.
- Drain fat from the skillet.
- Season with salt and pepper, to taste, and stir in marinara sauce.
- Cook spaghetti according to package instructions. Drain.
- Add cooked pasta to the meat sauce and stir to combine.
- Pour into prepared baking dish.
- Sprinkle with grated cheese.
- Bake, uncovered, for about 25-30 minutes.



# Amish Soft Pretzels

## Ingredients

- 1 1/2 cups hot water
- 1 tablespoon yeast
- 1/4 cup brown sugar packed
- 2 cups bread flour
- 2 cups All Purpose Flour
- 1/2 cup baking soda
- 1 egg
- melted butter optional
- salt optional
- cinnamon optional
- sugar optional
- glaze optional



**GLAZED CINNAMON SOFT PRETZEL**

## Instructions

- Generously grease a baking sheet with unsalted butter. Set aside.
- In a large bowl, add hot water and sprinkle yeast over the top. Let dissolve for 2 minutes.
- Add brown sugar and flour and mix well. Try to combine as quickly as possible. Do not knead the dough.
- Cover bowl with a kitchen towel and let rise for 30 minutes (at least until doubled in size).
- Remove dough from bowl onto a lightly floured surface.
- Cut into thick pieces and roll into long ropes. Shape into pretzel shapes.
- Preheat oven to 450 degrees.
- In a small bowl, beat egg.
- In a deep sauce pot, add water at least half way and bring to a boil. Add baking soda and stir to combine.
- Add pretzels to boiling water, 2 at a time, and boil for one minute.
- Carefully remove boiled pretzels to greased baking sheet.
- Brush the tops of the pretzels with egg wash. Sprinkle with coarse salt if desired.
- Bake for 5-6 minutes or until golden brown.
- Brush with butter if desired.

**For cinnamon/sugar pretzels** - mix 1 tbsp sugar and 1/2 tsp cinnamon together and sprinkle on the top after the egg wash.

**For glaze** - mix 3/4 cup powdered sugar and 2 tsp milk together and drizzle or dip after pretzels are finished.



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# Amish Cinnamon Rolls

## Ingredients - Makes 2 batches.

### For the Dough for Rolls:

- 2 cups warm water
- 1 1/2 tbsp. Active Dry Yeast
- 1/3 cup white sugar
- 1 1/2 tsp. salt
- 1/4 cup vegetable oil
- 6 cups bread flour
- A little extra flour and water to get the dough to meet your consistency.

### For the Filling for Rolls:

- 2 cup brown sugar
- 4 tbsp. cinnamon
- 1/2 cup butter, melted

### For the Icing:

- 1/2 cup butter, melted
- 2 cups confectioners sugar
- 2 tsp. vanilla
- Milk



## Instructions

### To make the bread dough

- Put the water sugar, and yeast in a bowl and let it set for about 5 minutes.
- Add salt and vegetable oil into the yeast mix, and mix.
- Add a cup of flour at a time to the dough till it forms into a ball.
- Place dough back in bowl and allow to rise for around 1 hour in a warm spot.
- After dough has risen, divide it in half, and roll out the 1/2 dough into a big rectangle, on a floured surface.
- When you have the first half of dough rolled out, brush the melted butter over the dough
- Pour half the brown sugar mixture over the dough and spread evenly. The other half of filling will go for the other dough you have set aside.
- After the brown sugar is spread evenly you will start to roll the dough up tightly.
- Cut dough into 12 equal parts.
- Put the sliced rolls into a greased 9x13 pan. Allow to rise for about 20 minutes.
- Place in a 350 degree oven and bake for about 20-25 minutes.
- Depending on thickness of rolls cooking time could vary. Cook until light brown and dough is cooked through.

Combine ingredients for icing. Add milk slowly to get nice smooth consistency. Ice rolls liberally.

# Crispy Buttered Peach Fruit Cobbler

This is a great cobbler because of the delicious crispy top that stays crispy for a few days. It's terrific with vanilla ice cream and also makes wonderful leftovers with morning coffee!

## Ingredients (Yields one 9"x13" cobbler)

### Fruit Filling:

- 2 lbs of fruit (fresh or frozen)
- 2 tsp cinnamon
- 1/2 tsp salt
- 3/4 cup dark brown sugar
- 4 oz (1/2 stick) unsalted butter, cold

### Topping:

- 1 cup flour
- 1 1/4 cup white granulated sugar
- 3/4 tsp salt
- 3/4 tsp baking powder
- 1 egg



### Directions:

- Preheat oven to 350F
- Spread the fruit in the bottom of a 9"x13" casserole dish.
- Sprinkle the cinnamon and salt over the fruit.
- Use a whisk to mix all the dry topping ingredients together well in a medium bowl except for the egg.
- Break the egg right on top of the dry topping and stir in with a fork until it resembles a crumbly topping.
- Spread the topping evenly over the fruit
- Cut the butter into tiny 1/2" cubes.
- Dot the butter evenly along the cobbler topping.
- Bake for 1 hour until it is brown.

## Amish Ice Cream Bread

This is a quick and easy bread to make. It's not too sweet. Have fun experimenting with different flavors, too.

### Ingredients:

1 pint (2 cups) ice cream, softened \$  
1 1/2 cups self-rising flour

### Directions:

Stir together ice cream and flour, stirring just until flour is moistened. Spoon batter into a greased and floured 8- x 4-inch loaf pan.

Bake at 350 for 40 to 45 minutes or until a wooden pick inserted in center of bread comes out clean. Remove from pan, and cool on a wire rack.



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# GARLIC PARMESAN ROASTED BROCCOLI

Yield: 6 SERVINGS Prep time: 5 MINUTES Cook time: 10 MINUTES Total time: 15 MINUTES

This comes together so quickly with just 5 min prep. Plus, it's the perfect and easiest side dish to any meal!

## INGREDIENTS:

- 24 ounces broccoli florets
- 3 tablespoons olive oil
- 4 cloves garlic, minced
- Kosher salt and freshly ground black pepper, to taste
- 1/4 cup freshly grated Parmesan
- Juice of 1 lemon

## DIRECTIONS:

Preheat oven to 425 degrees F. Lightly oil a baking sheet or coat with nonstick spray. Place broccoli florets in a single layer onto the prepared baking sheet. Add olive oil and garlic; season with salt and pepper, to taste. Gently toss to combine.

Place into oven and bake for 10-12 minutes, or until tender. Serve immediately, sprinkled with Parmesan and lemon juice.

**NOTE:** 24 ounces broccoli florets is equal to about 5 cups.



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