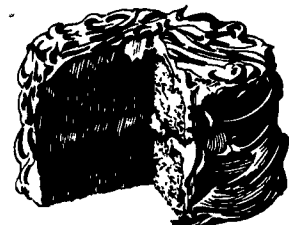


# Home On The Range



## Friendship Dough Rises To The Occasion

Pioneer wives lived far from stores, neighbors, and friends. The women were forced to become self-sufficient. Food needed to be planned and prepared for winter months. Perhaps the most constant need was to make sure there was always yeast to make the family's daily bread.

Yeast could not be purchased. It was made from a mixture called sourdough. Sourdough recipes vary from place to place, but primarily, the yeast starter must be fed and replenished every time it was used.

The sourdough starter does use dry yeast to begin it, but after that, it is entirely dependent on the yeast built up by feeding the starter. Despite the consistency of modern yeast, few breads, cakes, rolls, and other dough recipes can compare with the wonderful flavor of sourdough baked goods.

Another favorable characteristic of the sourdough is that it can be shared. If it is properly nourished, the gift of friendship gets passed along again and again.

Readers have mailed their favorite recipes to use the dough. Remember to pass on your favorite recipe with the dough. Always use wooden or plastic utensils, never metal, with sourdough. Don't use the sourdough the day you feed it unless you take out the amount the recipe requires before you feed it.

In most recipes, sourdough can be used instead of sour cream, buttermilk or sour milk. If you don't want to give any starter away, use the extra batter for other sourdough recipes.

Cindy Hoffman of Richfield sent several recipes and a favorite hint to help you remember to replenish the dough.

She writes, "A friend calls her starter dough Herman. She says as she stirs the mixture, 'We have to feed Herman today' or 'we need to wake up Herman.'"

Here are our readers' favorite recipes. If you were lucky enough to receive a friendship starter, you can skip the first step.

### AMISH FRIENDSHIP STARTER DOUGH

- ½ teaspoon dry yeast
- 1 ounce warm water
- 1 tablespoon sugar
- 1 tablespoon vinegar
- ½ teaspoon salt
- 1 cup flour
- 1 cup milk, room temp.

Dissolve yeast in warm water. Add all ingredients in a bowl with plastic wrap and let stand in warm place 2 days to ferment. It will become bubbly and have a sour smell. After second day start your friendship bread recipe.

### SOURDOUGH WHOLE WHEAT BREAD

- Mix and let ferment overnight.
- 2 cups sourdough
- 2 cups lukewarm water
- 4 cups flour
- Next morning add to above mixture.
- 4 teaspoons salt
- ½ cup brown sugar
- 2 tablespoons soft shortening
- 1 package dry yeast, softened in ½ cup warm water
- 2 teaspoons baking soda
- Mix in with hand 5 to 6 cups whole wheat flour, turn into lightly floured board, knead and shape into loaves. Place in 3 greased loaf pans, 8½ x 4½ x 2¼. Let rise until almost double. Bake 375° 35 min.

### SOURDOUGH CAKE

- 2 cups sourdough
- 1½ teaspoons cinnamon
- ¾ cups cooking oil
- ½ teaspoon baking powder
- 1 cup chopped nuts and/or raisins
- 2 cups flour
- 1 cup sugar
- ½ teaspoon salt
- 2 eggs
- Mix and pour into greased and floured pan 15x10x2 or bake in smaller pan for a deeper cake.
- Topping
- 1 cup flour
- ½ teaspoon salt
- ¼ teaspoon baking soda
- 1 teaspoon cinnamon
- ½ cup melted butter.
- Mix well and sprinkle over cake- 350° 30-40 min.
- Serve warm or can be frozen.



### AMISH FRIENDSHIP BREAD

- Put 1 cup starter in large bowl. Cover.
- Day 1: Do nothing.
- Day 2, 3, 4: Stir.
- Day 5: Add 1 cup flour, 1 cup sugar, 1 cup milk and stir.
- Day 5, 6, 7, 8, 9: Stir.
- Day 10: App. 1 cup flour, 1 cup sugar, 1 cup milk and stir.
- Pour 1 cup batter into 3 containers and give to friends with a copy of instructions. Use the 4th 1 cup container for your recipe.

### SOURDOUGH MUFFINS

- 1 cup flour
- ¼ teaspoon salt
- ¼ teaspoon baking soda
- 2 teaspoons baking powder
- 1 cup sourdough
- ¼ cup melted butter
- Mix all together and drop in muffin tins. Let rise 20 min. Bake 400° 12-15 min.
- Pancakes- same as muffins- add 1 egg and enough milk to pour easily.

### SOURDOUGH CINNAMON COFFEE CAKE

- 1 cup sourdough
- 1 cup flour
- ¾ cup sugar
- ½ tablespoon baking soda
- 1 egg
- 1 or 2 small apples
- ¼ teaspoon salt
- ½ teaspoon cinnamon
- ½ cup oil
- Combine all ingredients, mix well. Apple will keep cake soft. Sprinkle topping over dough and bake 350° 25-35 min. Raisins, nuts, mincemeat, or candied fruit can be substituted for the apples.
- Topping
- ½ cup sugar
- 1 tablespoon flour
- 2 tablespoons margarine
- 1 teaspoon cinnamon
- Mix well and sprinkle over cake.

### FRIENDSHIP CAKE

- 1 cup sourdough
- 1 cup flour
- 1 cup milk
- ½ cup sugar
- Combine all ingredients and place in a large bowl in refrigerator. Stir each day for five days. On day five, add flour, milk, and sugar as day one. Stir again each day for five more days. On the tenth day remove 3 cups and give 1 cup to 3 friends along with this recipe.
- To the remaining batter add these ingredients:
- 2 cups flour
- ¾ cup vegetable oil
- 2 eggs
- 1 cup sugar
- 1 teaspoon cinnamon
- 2 teaspoons vanilla
- 1½ teaspoons baking soda
- 2 teaspoons baking powder
- ½ teaspoon salt
- 1 cup of following: nuts, apples, raisins, coconut, pineapples, or chocolate chips.
- Pour into a bundt pan or angel food pan. Bake 35-40 minutes at 350°.
- Be sure to always mix with a wooden spoon. The batter gets thick. Any frosting or glaze can be used. Cream cheese frosting is delicious.

Kathryn Fetterman  
Ringtown

### SOURDOUGH COOKIES

- Cream:
- 1 cup sourdough
- ½ cup butter
- ½ cup brown sugar
- 1 egg
- 1 teaspoon vanilla
- Add:
- 1½ cups plus 2 tablespoons flour
- 2 teaspoons baking powder
- 2 teaspoon salt
- ½ teaspoon soda
- Stir in:
- ¼ cup nuts
- ¼ cup raisins
- ¼ cup dates, chopped
- Bake 350° 12 min.

### SOURDOUGH CINNAMON ROLLS

- 1 cup sourdough
- 1 cup flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- ½ cup butter
- Roll out and spread w/ margarine. Sprinkle with mixture of ½ cup sugar and 1 teaspoon cinnamon. Roll like jellyroll, slice and bake 375° 20 min.

DO NOT LET DOUGH RISE. Ice while warm with 10x sugar moistened w/milk or water to spreading consistency. Add vanilla.

(Turn to Page B8)

## Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date.

- January 5- Celebrate Beef Month
- 12- Warm Up With Soup
- 19- Pizza Week
- 26- One Dish Meals

## Featured Recipe

Judy Hart won a \$100 grocery shopping spree for one of her original recipe ideas.

She created the dish when someone visited her unexpectedly. She said, "It makes a delicious quick snack and is very inexpensive to make."

On page B2, read how Judy turned her old farmhouse into an unique store.

### PEANUT BUTTER AND APRICOT WAFFLES

- 1 frozen oat bran waffle
- 1 tablespoon peanut butter
- 1 teaspoon apricot preserves
- Dash cinnamon
- Dash nutmeg
- Whipped cream
- Toast oat bran waffle. Top with peanut butter, preserves, and spices. Place in microwave for 15 seconds. Top with whipped cream. Serves 1.