

Amish Recipes

Authentic Hash Brown Casserole

Serves: 24 - Prep time: 15–20 minutes - Cook time: 35–40 minutes

Nutrition (per serving): Cal. 227, Carbs 10.5g, Fat 15.5g, Protein 11g, Sodium 331mg

Ingredients:

6–12 eggs, lightly beaten
1½ cups curd cottage cheese
1 onion, chopped
4 cups hash browns, shredded
1 bell pepper, chopped
2 cups cheddar cheese, shredded
16 ounces sausage
1¼ cups Swiss cheese, shredded

Directions:

1. Preheat oven to 350°F.
2. Prepare a baking pan (9×13) in advance; lightly grease it with butter using your hands or coat it using cooking spray.
3. Take a medium saucepan; add the onion, sausage and pepper.
4. Heat the pan over medium heat and cook until brown and the sausage crumbles.
5. Drain and set aside.
6. In a medium bowl, thoroughly mix the remaining ingredients.
7. Mix in the cooked sausage and combine well.
8. Place the freshly made mixture in the baking pan.
9. Top with some extra cheese (optional).
10. Bake for 35–40 minutes.
11. Take it out, cool down for a few minutes and serve warm!

Bean Potato Soup

Serves: 10 - Prep time: 10 minutes - Cook time: 4 hours

Nutrition (per serving): Cal. 274, Carbs 51g, Fat 10g, Protein 16g, Sodium 39mg

Ingredients:

1 cup carrot, cubed
1 garlic clove, minced
2½ quarts water
2 cups navy beans, dried
1½ pounds ham bone with meat
1 small bay leaf
1 cup celery, thinly sliced
1 cup potato, cubed
1 cup onion, finely chopped
Pepper and salt as required

Directions:

1. Take a medium cooking pot; add in the water and beans; heat the pot over medium heat to boil the beans completely.
2. Add the bay leaf, garlic and ham bone.
3. Simmer the mixture for 2 hours to make the ingredients perfectly tender.
4. Mix in the veggies, pepper and salt; simmer for 50–60 more minutes.
5. Take out the bone and cut the meat into small pieces; discard the bone.
6. Return the meat to the pot and cook for a few minutes.
7. Discard the leaf and serve warm!

Cabbage Tomato Rolls

Serves: 14–15 - Prep time: 15–20 minutes - Cook time: 1 hour 25–30 minutes
Nutrition (per serving): Cal. 271, Carbs 25g, Fat 9.8g, Protein 20.5g, Sodium 551mg

Ingredients:

1 cup tomato sauce
2 pounds hamburger
1 head of cabbage, cored
1½ cups cooked rice, cooled
1½ teaspoons salt
1½ cups sour cream
1 tablespoon chopped parsley
1 onion, chopped
½ onion, grated
¼ teaspoon pepper
2 tablespoons ketchup
1 can condensed tomato soup
2 cups water

Directions:

1. Take the cabbage and core it; leave it whole.
2. Preheat oven to 350°F.
3. Prepare a baking pan in advance; lightly grease it with butter using your hands or coat it using cooking spray.
4. Take a medium cooking pot; add in the water and boil over medium heat.
5. Add the cabbage and boil until the leaves become soft and easy to separate.
6. Drain the water and trim the thick leaves.
7. In a medium bowl, thoroughly mix the rice, hamburger, grated onion, pepper, salt and parsley.
8. Arrange the leaves and place ⅓ cup of the mixture on each leaf.
9. Fold the leaves and roll them.
10. Place one by one in the baking dish.
11. Take a medium saucepan; add in the oil and chopped onion; heat the pan over medium heat for 1–2 minutes.
12. Add the water, ketchup, soup, and tomato sauce.
13. Boil the mixture and add the sour cream.
14. Top the leaves with the sauce.
15. Bake for 60–70 minutes and serve warm!

Apple Lemon Fritters

Serves: 8–10 - Prep time: 15 minutes - Cook time: 15 minutes

Nutrition (per serving): Cal. 212, Carbs 49g, Fat 1.4g, Protein 3g, Sodium 135mg

Ingredients:

4 cups vegetable oil for deep-frying

Fritters:

2 large eggs

2 tablespoons sugar

1 cup flour, all purpose

1/2 teaspoon cinnamon

2 teaspoons lemon juice

2 teaspoons baking powder

1/4 cup milk

1/2 teaspoon salt

3 cups apples, peeled and chopped

Glaze:

1/4 teaspoon vanilla

3 teaspoons warm water

1 1/4 cups powdered sugar

Directions:

1. In a large bowl, thoroughly mix the sugar and eggs for 1–2 minutes to make a smooth cream.
2. Mix in the flour, milk, cinnamon, baking powder, and salt.
3. Using a kitchen spatula or wooden spoon, mix the ingredients well.
4. In a separate medium bowl, thoroughly mix the chopped apples and lemon juice.
5. Add the mixture to the batter and mix well.
6. In a medium skillet, heat the oil over medium heat until it reaches 375 °F or hot enough to fry fritters.
7. Place about a large tablespoon of batter in the hot oil for each fritter; turn to fry both the sides. Fry the fritters until golden brown.
8. Drain on paper towels and let them cool down for a few minutes.
9. In a small bowl, mix in the glaze ingredients using a kitchen spatula.
10. Brush the fritters with the glaze; first brush on top and then brush the bottom.

Authentic Molasses Pie (a.k.a Shoofly Pie)

Serves: 6–8 - Prep time: 10–15 minutes - Cook time: 35–40 minutes
Nutrition (per serving): Cal. 342, Carbs 64g, Fat 7.4g, Protein 4.6g, Sodium 533mg

Ingredients:

3/4 cup boiling water
3/4 cup dark molasses
1/2 teaspoon baking soda

Top Part:

1 (9-inch) unbaked crust
1/4 cup butter
1 1/2 cups flour
1/2 cup brown sugar

Directions:

1. Preheat an oven to 375 °F.
2. In a medium bowl, add the molasses, baking soda and hot water; dissolve completely.
3. Take a separate medium bowl, add in the flour and sugar and continue mixing.
4. Add in the shortening and mix until crumbs are formed.
5. Pour a 1/3 portion of the molasses mixture in the crust.
6. Top with a 1/3 portion of the crumb mixture.
7. Continue to layer in the same manner.
8. Bake for 35 minutes.
9. Take out, cool down for a few minutes and serve warm!

All recipes are from Sarah Spencer's cookbooks *Amish Cooking* and *Amish Baking*. To learn more, click on the covers or [here](#).

