

Welcome to



Amish Country

16 Easy Amish Recipes from Mr. Food



A Free eCookbook from the Mr. Food Test Kitchen

"OOH IT'S SO GOOD!!®"



Welcome to Amish Country: 16 Easy Amish Recipes from Mr. Food

Copyright 2012 by Ginsburg Enterprises Incorporated, unless otherwise noted

Published April 2012

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage or retrieval system, without written permission from the publisher, except in the case of brief quotations embodied in critical articles and reviews.

Trademarks are property of their respective holders. When used, trademarks are for the benefit of the trademark owner only.

Mr. Food, OOH IT'S SO GOOD!! and the Mr. Food likeness are trademarks of Ginsburg Enterprises Incorporated.

Published by Prime Publishing LLC, 3400 Dundee Road, Northbrook, IL 60062 – www.primecp.com



Welcome to Amish Country: 16 Easy Amish Recipes from Mr. Food

Find thousands of Mr. Food recipes, cooking videos, and entertaining ideas, plus sign up for the free Mr. Food recipe Newsletter at www.mrfood.com



Dear Friend,

We know just the recipes you've been looking for—classic, down-home cooking, just like the Amish do. We're heading back-to-basics with these budget-friendly options that will fill you up with those old-fashioned tastes and flavors that work every time.

Start the day off right with a hearty breakfast like our popular **Barn-Raising Breakfast** (page 1). And you're sure to enjoy our **Fruit Filled Coffee Cake** (page 2), perfect as a breakfast on-the-go or a lazy weekend treat!

For something that's sure to keep you warm and cozy, you can serve up our **Amish Country Casserole** (page 3) or **Country Meat Loaf & Potato Casserole** (page 5). Serve these alongside unforgettable soups and sides, like **Amish Beef Barley Soup** (page 6) or **Pennsylvania Dutch Green Beans** (page 11). Any of these delectable dishes will make you feel like you've stepped right into the heart of homestyle cooking.

You didn't think we'd forget about dessert, did you? We've included the best of the best, like our **Amish Applesauce Cake** (page 14) and **Goopy Amish Caramel Pie** (page 15)! Somehow, you're going to have to find room for these because they're simply irresistible.

Climb on board and take a trip with us to Amish country, a place that has celebrated the joy of a home-cooked meal for generations. Just wait until you fill your plate with these recipes full of...

"OOH IT'S SO GOOD!!"[®]

Mr. Food
and the Test Kitchen



P.S. Enjoy this eCookbook packed with 16 classic Amish recipes sure to make the whole family happy. Remember, the Welcome to Amish Country eCookbook is available FREE, with many others also available on www.MrFood.com. Go on, tell your friends to visit MrFood.com, so they too can get their very own FREE copies!

Welcome to Amish Country: 16 Easy Amish Recipes from Mr. Food

Find thousands of Mr. Food recipes, cooking videos, and entertaining ideas, plus sign up for the free Mr. Food recipe Newsletter at www.mrfood.com



Table of Contents

Breakfast

Barn-Raising Breakfast.....	1
Fruit Filled Coffee Cake.....	2

Casseroles & Soups

Amish Country Casserole.....	3
Hearty Amish Chicken Stew.....	4
Country Meat Loaf & Potato Casserole	5
Amish Beef Barley Soup.....	6
Amish Ham and Cheese Casserole.....	7

Sides

Amish Broccoli Bake.....	8
Dutch Noodles.....	9
Amish Chow Chow Relish.....	10
Pennsylvania Dutch Green Beans.....	11
Lancaster Pickled Beets.....	12

Dessert

Whoopie Pies.....	13
Amish Applesauce Cake.....	14
Goey Amish Caramel Pie.....	15
Apple Dumplings.....	16



Welcome to Amish Country: 16 Easy Amish Recipes from Mr. Food

Find thousands of Mr. Food recipes, cooking videos, and entertaining ideas, plus sign up for the free Mr. Food recipe Newsletter at www.mrfood.com

Barn-Raising Breakfast

Our hearty Amish Barn-Raising Breakfast recipe is guaranteed to give you lots of energy to start the day. This homey, country-style breakfast bake might traditionally be made in a coal or wood burning stove, but it'll bake up just fine in our own ovens, easily.

Ingredients

Serves: 6

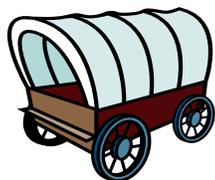
Cooking Time: 40 minutes

1 pound ground breakfast sausage
1/2 cup diced onion
1 (8-ounce) package crescent roll dough
1 (10-ounce) package refrigerated shredded potatoes, browned
1-1/2 cups shredded sharp Cheddar cheese, divided
1/4 cup diced red bell pepper
6 eggs
1/4 cup milk
1/2 teaspoon salt
1/4 teaspoon black pepper



Directions

1. Preheat oven to 350 degrees F. Coat a 9- x 13-inch baking dish with cooking spray.
2. In a large skillet over medium high heat, cook sausage and onion until browned.
3. Unroll dough and lay flat across bottom of prepared baking dish. Evenly spoon sausage mixture on dough. Top with browned potatoes, 1 cup cheese, and red pepper.
4. In a medium bowl, whisk together eggs, milk, salt and black pepper; pour over red pepper. Sprinkle with remaining cheese.
5. Bake 30 to 35 minutes, or until browned and eggs are set. Let cool 5 minutes then serve.



Welcome to Amish Country: 16 Easy Amish Recipes from Mr. Food

Find thousands of Mr. Food recipes, cooking videos, and entertaining ideas, plus sign up for the free Mr. Food recipe Newsletter at www.mrfood.com

Mr. Food
TEST KITCHEN

Fruit Filled Coffee Cake

This is a secret Amish recipe for a Fruit Filled Coffee Cake that is simply incomparable. With swirls of cherry pie filling running through every heavenly bite, this is no ordinary coffee cake.

Ingredients

Makes: 24 pieces

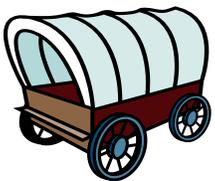
Cooking Time: 1 hr 15 min

3 eggs
1-1/2 cups plus 3 tablespoons sugar, divided
3/4 cup vegetable oil
1/4 cup orange juice
1 teaspoon vanilla extract
3 cups all-purpose flour
3 teaspoons baking powder
1 (21-ounce) can cherry or your favorite pie filling
1 teaspoon ground cinnamon



Directions

1. Preheat oven to 350 degrees F. Coat a 9- x 13-inch baking dish with cooking spray.
2. In a large bowl, cream together eggs, 1-1/2 cups sugar, the oil, juice, and vanilla. Add flour and baking powder; mix well. Pour half the batter into prepared baking dish. Spread pie filling over batter.
3. In a small bowl, mix remaining sugar and the cinnamon; sprinkle 1 teaspoon of the mixture over pie filling.
4. Spoon remaining batter over pie filling then sprinkle with remaining sugar and cinnamon mixture.
5. Bake 15 minutes then reduce heat to 300 degrees and bake an additional 60 minutes, or until toothpick inserted in center comes out clean.



Amish Country Casserole

The Amish are known for many homestyle dishes, and this warm and comforting casserole is one of them. It's so tasty, it's no wonder it's been passed down from generation to generation.

Ingredients

Serves: 8 Cooking Time: 45 min

1 tablespoon olive oil
1 onion, chopped
1 pound ground beef
1 (16-ounce) package wide egg noodles
1 (10-3/4-ounce) can condensed tomato soup
1 (10-3/4-ounce) can condensed cream of mushroom soup
1 cup milk
1 teaspoon salt
1/2 teaspoon black pepper
1/2 teaspoon paprika



Directions

1. Preheat oven to 375 degrees F. Coat a 3-quart casserole dish with cooking spray.
2. In a large skillet, heat oil over medium heat and saute onion 2 to 3 minutes. Add ground beef and cook 4 to 6 minutes, or until browned.
3. In a large soup pot, cook noodles according to package directions; drain well and return noodles to pot. Add ground beef mixture and remaining ingredients, except paprika; mix well. Place in prepared casserole dish and sprinkle with paprika.
4. Cover and bake 25 to 30 minutes, or until heated through.



Welcome to Amish Country: 16 Easy Amish Recipes from Mr. Food

Find thousands of Mr. Food recipes, cooking videos, and entertaining ideas, plus sign up for the free Mr. Food recipe Newsletter at www.mrfood.com

Hearty Amish Chicken Stew

This down on the farm Amish-style comforting one pot stew, is sure to take the chill out of a winter night. Anytime you have a hungry gang and don't want to resort to fast food, this quick cooking Hearty Amish Chicken Stew will be ready before you know it.

Ingredients

10 cups chicken broth
4 potatoes, peeled and cut into quarters
1 small onion, cut into 1-inch chunks
2 celery stalks, cut into 1/2-inch chunks
1 carrot, peeled and sliced thin
2 teaspoons salt
1/2 teaspoon black pepper
12 ounces bowtie pasta
1 rotisserie chicken, skinned, deboned, and shredded (about 3 cups)

Serves: 6

Cooking Time: 35 minutes



Directions

1. In a soup pot over medium-high heat, combine broth, potatoes, onion, celery, carrot, salt, and pepper; bring to a boil. Cook 10 minutes.
2. Stir in pasta and cook 8 minutes. Add chicken and cook an additional 4 to 5 minutes, or until chicken is heated through. Spoon into bowls and serve immediately.



Notes:

This will thicken up as it sits, so you may want to add additional water when you reheat any leftovers.

Country Meat Loaf & Potato Casserole

This cozy all-in-one-pan Amish Country Meat Loaf & Potato Casserole is so simple to make, and such a satisfying main dish meal. It fits a busy weeknight or a leisurely family Sunday dinner perfectly.

Ingredients

Serves: 4

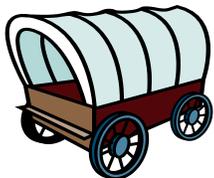
Cooking Time: 1 hr

1-1/2 pounds ground beef
1/2 cup chopped onion
2 slices white bread, torn into small pieces
1 egg
1/3 cup ketchup
1 teaspoon Worcestershire sauce
1/2 teaspoon salt
1/2 teaspoon black pepper
3 cups seasoned mashed potatoes



Directions

1. Preheat oven to 350 degrees F. Coat an 8-inch square baking dish with cooking spray.
2. In a large bowl, combine all ingredients except mashed potatoes. Place mixture in prepared baking dish and bake 35 minutes. Remove from oven, drain off any fat, and evenly spread mashed potatoes over top.
3. Return casserole to oven and cook an additional 25 to 30 minutes, or until no pink remains in beef and potatoes are hot.



Welcome to Amish Country: 16 Easy Amish Recipes from Mr. Food

Find thousands of Mr. Food recipes, cooking videos, and entertaining ideas, plus sign up for the free Mr. Food recipe Newsletter at www.mrfood.com

Amish Beef Barley Soup

Pennsylvania Dutch people take advantage of their gardens whenever possible, and this easy version of a classic hearty Amish Beef Barley soup is chock full of veggies for a healthy stick-to-your-ribs main dish soup.

Ingredients

2 tablespoons vegetable oil
1 pound beef stew meat, cut into 1/2-inch chunks
1 onion, chopped
8 ounces sliced fresh mushrooms
3 carrots, coarsely diced
1 (14.5-ounce) can diced tomatoes, not drained
8 cups beef broth
1/2 teaspoon salt
1/2 teaspoon black pepper
3/4 cup quick-cooking pearl barley

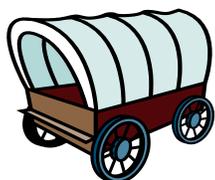
Serves: 8

Cooking Time: 1 hr



Directions

1. In a soup pot, heat oil over high heat. Add beef, onion, mushrooms, and carrots and saute 6 to 8 minutes, or until they begin to brown. Add diced tomatoes including the liquid, beef broth, salt, and pepper and bring to a boil. Reduce heat and simmer on low 30 minutes, stirring occasionally until beef is tender.
2. Add barley and simmer an additional 15 to 20 minutes, or until barley is tender. Serve immediately.



Notes:

This is great to serve after a bone-chilling barn-raising. So call Becky and Amos over for some real hearty soup-slurping goodness!

Amish Ham and Cheese Casserole

Amish recipes are all the rage, probably because of their huge comfort factor. Our easy version of this classic country Amish Ham and Cheese Casserole takes advantage of some supermarket shortcuts. Same great taste, but a bit less work for us.

Ingredients

1/4 cup (1/2 stick) butter
2 tablespoons all-purpose flour
1-1/2 cups milk
1 pound pasteurized prepared cheese, cut into cubes (Velveeta)
1 (16-ounce) package frozen green beans, thawed
2 (15-ounce) cans whole potatoes, drained and quartered
4 cups diced cooked ham
1 teaspoon onion powder
1/2 teaspoon salt
1/2 teaspoon black pepper

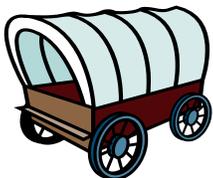
Serves: 6

Cooking Time: 1 hr



Directions

1. Preheat oven to 375 degrees F. Coat a 5-quart casserole dish with cooking spray.
2. In a soup pot, melt butter over medium heat; stir in flour until smooth. Add milk and cheese, and stir until thickened. Remove from heat and stir in remaining ingredients.
3. Pour into casserole dish and bake 50 to 55 minutes, or until hot and bubbly.



Welcome to Amish Country: 16 Easy Amish Recipes from Mr. Food

Find thousands of Mr. Food recipes, cooking videos, and entertaining ideas, plus sign up for the free Mr. Food recipe Newsletter at www.mrfood.com

Amish Broccoli Bake

Nothing store-bought compares to the homemade goodness of the rich and creamy taste and texture of this delicious Amish vegetable casserole. Our Amish Broccoli Bake might just make veggie lovers out of your finicky gang.

Ingredients

1 (10-3/4-ounce) can cream of mushroom soup
1 cup mayonnaise
1/2 cup chopped onion
1/2 teaspoon salt
1/4 teaspoon black pepper
2 (10-ounce) packages frozen chopped broccoli, thawed
1 cup shredded sharp Cheddar cheese
1 (6-ounce) box herbed stuffing mix
1/4 cup (1/2 stick) butter, melted and divided

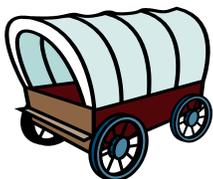
Serves: 8

Cooking Time: 35 minutes



Directions

1. Preheat oven to 350 degrees F. Coat a 3-quart casserole dish with cooking spray.
2. In a medium bowl, combine soup, mayonnaise, onion, salt, and pepper; mix well.
3. Place half the broccoli in the casserole dish. Sprinkle with half the cheese and half the stuffing mix. Pour half the butter and half the soup mixture over stuffing. Repeat layers one more time.
4. Bake 35 to 40 minutes, or until hot in center.



Welcome to Amish Country: 16 Easy Amish Recipes from Mr. Food

Find thousands of Mr. Food recipes, cooking videos, and entertaining ideas, plus sign up for the free Mr. Food recipe Newsletter at www.mrfood.com

Dutch Noodles

Pennsylvania Dutch cooking has its roots in Germany, where many hearty recipes, like these comforting and flavorful buttery egg noodles, get their traditional taste from!

Ingredients

Serves: 6

Cooking Time: 15 minutes

1 (8-ounce) package medium egg noodles
(see Note)

1/4 cup (1/2 stick) butter

2 teaspoons caraway seeds

2 tablespoons fresh lemon juice

2 teaspoons chopped fresh parsley

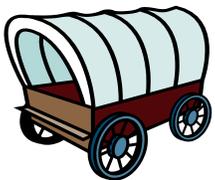
1 teaspoon salt

1/4 teaspoon black pepper



Directions

1. Cook noodles according to package directions. Drain and place in a large serving bowl; keep warm.
2. Meanwhile, in a medium saucepan, melt butter over medium heat. Add caraway seeds and saute 3 minutes. Stir in lemon juice, parsley, salt, and pepper.
3. Pour sauce over cooked noodles, and serve immediately.



Notes:

We like to use medium egg noodles that have a fluffy, curled edge. It gives the dish an elegant look.

Amish Chow Chow Relish

Amish Chow Chow is a relish that pairs with everything. Its tangy vinegar marinade jazzes up veggies like cauliflower and green and yellow wax beans to the point that second helpings will be in order.

Ingredients

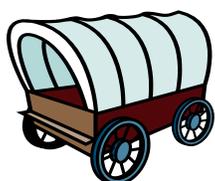
Yields: 10 cups **Prep Time:** 10 minutes

2 cups frozen cauliflower, thawed and cut into small pieces
2 cups frozen sliced carrots, thawed
2 cups frozen cut green beans, thawed
2 cups frozen cut yellow wax beans, thawed
1 (15-ounce) can red kidney beans, rinsed and drained
1 large onion, coarsely chopped
1/2 red bell pepper, cut into 1/2-inch pieces
2 cups water
1 cup white vinegar
2-1/2 cups sugar
1/2 teaspoon celery seed
1/4 teaspoon turmeric
1/2 teaspoon salt



Directions

1. In a large heat-proof bowl, combine all vegetables; set aside.
2. In a medium saucepan, bring water, vinegar, sugar, celery seed, turmeric, and salt to a boil over high heat; stir occasionally. Pour over vegetables; mix gently.
3. Let mixture sit until cool then cover and refrigerate until ready to serve.



Notes:

This easy homemade relish complements so many dishes. How about serving it with our Amish Country Casserole?

Pennsylvania Dutch Green Beans

The garden fresh taste of our Amish-inspired Pennsylvania Dutch Green Beans that come with a hint of savory bacon, is sure to warrant second helpings at dinner time.

Ingredients

6 bacon slices, chopped
1 onion, chopped
1 pound fresh green beans, cleaned, cut in half, and blanched (see Note)
2 large tomatoes, chopped
1 teaspoon chopped fresh garlic
1/2 teaspoon salt
1/4 teaspoon black pepper

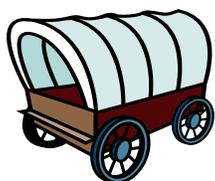
Serves: 6

Cooking Time: 15 minutes



Directions

1. In a large skillet over medium-high heat, cook bacon and onion 6 to 8 minutes, or until bacon is crisp. Add the remaining ingredients and cook an additional 8 to 10 minutes, or until beans are tender. Serve immediately.



Notes:

To blanch, cook the green beans in boiling water 3 to 5 minutes, drain, then plunge into cold water.

Lancaster Pickled Beets

In Amish country, pickled beets are a staple go-along for family meals. Our easy version tastes just like theirs but we use the convenience of canned beets that we simmer in an easy homemade sauce -- and get the same result!

Ingredients

1/4 cup sugar
1 tablespoon cornstarch
1/2 teaspoon salt
1/4 cup vinegar
1/4 cup water
2 (15-ounce) cans sliced beets, drained
1 tablespoon diced onion
1 tablespoon butter

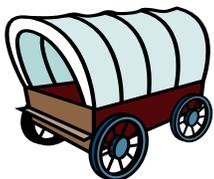
Serves: 6

Cooking Time: 15 minutes



Directions

1. In a saucepan, combine sugar, cornstarch, salt, vinegar, and water; stir until smooth.
2. Bring mixture to a boil over medium heat and cook 1 to 2 minutes, or until thickened. Add beets and onion to mixture and simmer on low 8 to 10 minutes or until heated through, stirring occasionally. Add butter, stir until melted, and serve.



Welcome to Amish Country: 16 Easy Amish Recipes from Mr. Food

Find thousands of Mr. Food recipes, cooking videos, and entertaining ideas, plus sign up for the free Mr. Food recipe Newsletter at www.mrfood.com

Whoopie Pies

This sinfully good recipe for Whoopie Pies, which are an Amish Pennsylvania Dutch specialty, tastes incredible with a cold glass of milk. With a rich creamy filling sandwiched between two mini chocolate cake rounds, "from scratch" was never easier!

Ingredients

1 (18.25-ounce) package devil's food cake mix
3/4 cup water
1/2 cup vegetable oil
3 eggs
1 cup milk
5 tablespoons all-purpose flour
1-1/4 cups sugar
1 cup vegetable shortening
2 teaspoons vanilla extract

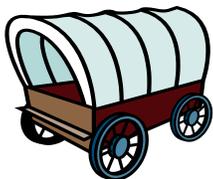
Makes: 12

Baking Time: 10 minutes



Directions

1. Preheat oven to 350 degrees F. Coat baking sheets with cooking spray.
2. In a large bowl, combine cake mix, water, oil, and eggs; beat well. Drop on prepared baking sheets in 2-1/2- to 3-inch circles. Bake 7 to 8 minutes, or until a wooden toothpick inserted in center comes out clean. Let cool slightly then remove to a wire rack to cool completely.
3. In a saucepan, combine milk and flour, and cook over medium-high heat, stirring constantly until it forms a thick paste. Let cool.
4. In a medium bowl, beat sugar and shortening until fluffy; stir in vanilla extract then add cooled flour mixture and beat until doubled in volume.
5. Turn half of the cooled cakes over on their backs. Spoon a dollop of filling onto half of them. Place the other half of the cakes on top of the filling, forming sandwiches.



Welcome to Amish Country: 16 Easy Amish Recipes from Mr. Food

Find thousands of Mr. Food recipes, cooking videos, and entertaining ideas, plus sign up for the free Mr. Food recipe Newsletter at www.mrfood.com

Amish Applesauce Cake

Our classic Amish Applesauce Cake is packed with old-fashioned goodness that only a from-scratch cake can deliver. Applesauce adds a tangy-sweet taste and moistness to this wholesome cake that will take your taste buds to a Lancaster County farmhouse.

Ingredients

1 cup sugar
1/2 cup vegetable shortening
2 eggs
2 cups all-purpose flour
1 teaspoon ground cinnamon
1 teaspoon baking soda
1/2 teaspoon salt
1-1/2 cups applesauce
1 teaspoon vanilla extract
1/2 cup chopped walnuts

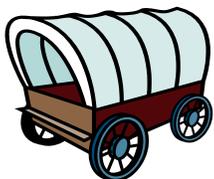
Serves: 12

Baking Time: 30 minutes



Directions

1. Preheat oven to 350 degrees F. Coat a 9- x 13-inch baking dish with cooking spray.
2. In a large bowl, cream sugar and shortening with an electric beater on low speed. Beat in the eggs, one at a time. Add flour, cinnamon, baking soda, and salt; beat until well mixed. Add applesauce and vanilla; mix well then stir in the walnuts and pour batter into prepared baking dish.
3. Bake 30 to 35 minutes, or until wooden toothpick inserted in center comes out clean. Let cool.



Notes:

For a fancier treat, drizzle with a glaze that's made by mixing 1/2 cup confectioners' sugar and 1 to 2 teaspoons water.

Gooney Amish Caramel Pie

Got a sweet tooth? If you do, then our Gooney Amish Caramel Pie may just satisfy your cravings. The rich sweetness of the caramel mixed with the crunchy pecans goes perfectly with a scoop of vanilla ice cream on the side.

Ingredients

2 cups light brown sugar
1 cup water
1 tablespoon butter
3/4 cup all-purpose flour
3/4 cup milk
3 egg yolks
1 teaspoon vanilla extract
1 (9-inch) baked pie crust
1 cup pecan halves

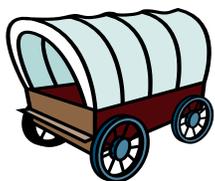
Serves: 8

Chilling Time: 8 hr



Directions

1. In a medium saucepan, bring brown sugar, water, and butter to a boil over medium-high heat; cook 3 to 5 minutes, stirring occasionally.
2. In a medium bowl, combine flour, milk, and egg yolks; mix well. Slowly stir flour mixture into boiling mixture, stirring constantly for 3 to 5 minutes. Remove from heat, stir in vanilla, and let cool 5 minutes.
3. Pour into baked pie crust and garnish with pecan halves. Let cool 30 minutes then refrigerate 8 hours or overnight.



Notes:

Top with vanilla ice cream and drizzle with caramel sauce. Pie will be gooey...and yummy, too!

Apple Dumplings

Our recipe for easy homemade apple dumplings is inspired by the traditional apple dumplings that are still so popular in the Amish areas of Pennsylvania.

Ingredients

Serves: 4

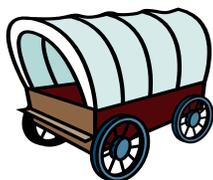
Baking Time: 50 minutes

1/2 cup water
1/4 cup granulated sugar
1 teaspoon vanilla extract
2 tablespoons butter, softened, divided
1/8 teaspoon ground nutmeg
1/4 cup light brown sugar
1/4 teaspoon ground cinnamon
1 rolled refrigerated pie crust (from a 15-ounce package)
4 small or 2 medium Granny Smith apples, peeled and cored (see Note)



Directions

1. Preheat oven to 375 degrees F.
2. In a small saucepan, combine the water, white sugar, vanilla, 1 tablespoon butter, and the nutmeg over high heat. Bring to a boil for 1 minute; set aside.
3. In a small bowl, combine the brown sugar, cinnamon, and remaining 1 tablespoon butter; mix well.
4. Unroll pastry and cut into quarters. Stuff each apple cavity with an equal amount of brown sugar mixture and place on a pastry quarter. Fold pastry up around apples and pinch ends together to completely enclose apples. Place dumplings seam-side down in an 8-inch square baking dish and pour sugar sauce over the top.
5. Bake 45 to 50 minutes, or until golden. Serve warm, drizzled with sugar glaze from bottom of baking dish.



Notes:

Small apples work great for this recipe but they're not always available, so go ahead and use the regular-sized ones cut in half.

