

Friendship Bread

Adapted from Deep Blue Kids

***This project begins today, but is not completed for 10 days. Most 3rd-5th graders would be able to follow these directions independently, but you know best if your child needs supervision for safety.

Supplies (Day One): non-metal mixing bowl, whisk or fork, gallon-sized Ziploc bag

Ingredients (Day One): yeast, flour, sugar, milk, water

One important ingredient for making food rise is yeast, a type of fungus. We use yeast from a packet to bake, but yeast is also floating around in the air and on various surfaces – even our body! The yeast we buy in a packet looks a lot like sand. You would never know it is alive. But it grows and grows when we feed it sugar and warm water. It is amazing! It is a transformation. It rises—which makes me think of Jesus.

Today we are going to start making an Amish friendship bread. It is a kind of yeast bread that is sweet, like the joy of the Resurrection. You begin with a starter, which gets so big it overflows; and you can share it with your friends. It takes several days between the time you mix the starter and the time the bread is ready, kind of like how Jesus spent some time in the tomb before the Resurrection.

This bread takes 10 days to be ready. Today we will make the “starter” and you will do a little something for it everyday until you are ready to share more sourdough starter with friends, family or neighbors and mix the bread to bake at home.

Directions:

- Mix one packet of yeast and ¼ cup WARM water in a small bowl.
- Let the yeast rise for 10 minutes. While it is rising, add 1 cup flour and 1 cup sugar to your Ziploc bag, then seal and shake to mix.
- When the yeast has risen for 10 minutes, add the yeast and 1 cup milk to the bag and reseal.
- Mix, shake and squish your bag until all ingredients are mixed.
- Leave your bag on the counter ****NOT IN THE FRIDGE**** --The yeast need warmth to grow, so we cannot put it in the fridge.
- Remember to check on it every day until it is ready. Follow the daily instructions and if the bag is puffy, let the air out and reseal the bag.

Sourdough Starter Mix 10-day Instructions

***Do not refrigerate the starter. It is normal for the batter to rise and ferment. If air gets into the bag, let it out and reseal the bag.

Day 1: Do nothing – you just mixed the dough!

Day 2: Mash the bag

Day 3: Mash the bag

Day 4: Mash the bag

Day 5: Mash the bag

Day 6: Add 1 cup flour, 1 cup sugar, and 1 cup milk to the bag. Mash the bag and make sure all ingredients are mixed in.

Day 7: Mash the bag

Day 8: Mash the bag

Day 9: Mash the bag

Day 10:

1. Pour the entire bag into a non-metal bowl.
2. Add 1 ½ cup flour, 1 ½ sugar, and 1 ½ cup milk.
3. Mix well.
4. Reserve 1 cup of starter in the bowl if you plan to bake today.
5. Divide the remaining batter into 1-gallon Ziploc bags with 1 cup per bag. Your starter may yield 4 to 7 cups depending on how active it has been. Give the bags to friends along with a copy of these instructions and the Amish Friendship Bread recipe. You might even consider sharing slices of the bread you make when you deliver the sourdough starter!
6. Label each bag with the date. That date will become Day 1 for the person with whom you share the starter.

Amish Friendship Bread Recipe

Ingredients (Day 10)

1 cup sourdough starter
3 eggs
1 cup oil
½ cup milk
1 cup sugar
½ tsp vanilla
2 tsp cinnamon
1 ½ tsp baking powder
½ tsp salt
½ tsp baking soda
2 cups flour
1-2 boxes instant pudding (any flavor)
1 cup raisins (optional)
Cinnamon/sugar mixture (1/2 cup sugar and 1 ½ tsp cinnamon)

Directions

1. Preheat the oven to 325°F
2. Combine all the ingredients except the cinnamon-sugar mixture in a bowl.
3. Grease two loaf pans and dust them with the cinnamon-sugar mixture.
4. Pour the batter into the pans and sprinkle the remaining cinnamon-sugar mixture on top.
5. Bake for one hour, or until a toothpick inserted into the center comes out clean.