



Please join us for Recipe Club

Sunday, February 2nd at 5:00 pm

This month's theme is
"Pennsylvania Dutch"

Sides

Cabbage and Noodles

Sue Lau

★★★★★ 4.75 from 4 votes



PREP TIME

10 mins

COOK TIME

15 mins



COURSE

Side Dish

CUISINE

American, Amish



SERVINGS

6

CALORIES

232 kcal

INGREDIENTS

- 8 ounces Amish egg noodles or kluski noodles
- 1/2 cup double strength chicken broth (I make this with chicken base)
- 1 medium onion chopped
- 2 tablespoons olive oil
- 1 teaspoon chopped garlic
- 1 teaspoon black pepper
- 1/2 teaspoon salt
- 4 ounces diced ham
- 10 ounces cabbage shredded (1/2 small head)
- 2 tablespoons apple cider vinegar
- 1 teaspoon sugar
- 1 tablespoon minced fresh Italian parsley

INSTRUCTIONS

1. Cook noodles according to package directions and drain.
2. Return to the cooking pot and pour broth over to keep moist.
3. Saute the onion in a large skillet in the oil with garlic, black pepper, and salt.
4. As the onions soften, add the ham, allowing it to brown lightly,
5. Add the cabbage and cook until crisp tender- you still want a little bit of crunch.
6. Stir in the vinegar and sugar mixing well.
7. Add contents of skillet to the pan with the noodles and stir.
8. Garnish with minced parsley if you like.

NOTES

From the kitchen of palatablepastime.com

NUTRITION

Calories: 232kcal	Carbohydrates: 33g	Protein: 10g
Fat: 7g	Saturated Fat: 1g	Polyunsaturated Fat: 1g
Monounsaturated Fat: 4g	Trans Fat: 1g	Cholesterol: 42mg
Sodium: 530mg	Potassium: 229mg	Fiber: 3g
Sugar: 4g	Vitamin A: 129IU	Vitamin C: 21mg
Calcium: 41mg	Iron: 1mg	



KEYWORD

Amish recipes, cabbage recipes



Tried this recipe?

Let us know how it was!

<http://teriskitchen.com>[Print](#)

Four-Bean Salad

<http://teriskitchen.com/salads-recipes/four-bean-salad.html>

Serves 8 to 10

Bean salad is a popular side dish that varies greatly from one family to the next. This recipe, which came from my mother, is my favorite. It is very easy, healthy and delicious. If you have fresh green or yellow beans from the garden, you can cook them in lightly salted boiling water just until tender and use them in place of canned.

Ingredients

- 1 can (about 15.5 ounces) cut green beans (*see notes below*)
- 1 can (about 15.5 ounces) cut yellow beans
- 1 can (about 15.5 ounces) red kidney beans
- 1 can (about 15.5 ounces) chickpeas
- 1 green bell pepper, chopped
- 1 medium onion, chopped
- 2 ribs celery, chopped
- 2/3 to 3/4 cup granulated sugar, depending on taste
- 2/3 cup apple cider vinegar
- Salt and pepper to taste
- 1/3 cup canola or other vegetable oil

Rinse and drain beans; toss with the vegetables. Thoroughly blend together the dressing ingredients. Pour dressing over beans and toss. Refrigerate overnight before serving.

Notes: Through the years, the size of canned beans, as all canned items, has become smaller. Just use whatever size is closest to the amount given and keep the remaining ingredients the same. If you want to make a lesser amount of salad, look for beans in half-size cans or omit the yellow beans. I prefer to use no-salt-added or low-sodium canned vegetables and beans, but that choice is yours. Bean salad will keep in the refrigerator for up to one week.

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Tomatoes

Amish Corn Pie

PA Dutch Corn Pie



Yield(s): Serves 6 20m prep time 40m cook time

INGREDIENTS

- 2 medium potatoes, diced
- 15oz can cream style corn
- 15oz can whole kernel corn, drained
- 3 hard boiled eggs, chopped
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 teaspoon onion powder
- 1/2 cup whole milk
- 2 tablespoons butter, cut in pats
- 2 refrigerated pie dough rounds

PREPARATION

1. Preheat oven to 400 degrees F and fit one pie round into a 9 inch pie dish. Set aside.
2. Add the potatoes, drained whole kernel corn, creamed corn with liquid, eggs, and seasoning to a large pot and simmer for 15 minutes.
3. Transfer the filling to the prepared pie crust and top with butter pats.
4. Fit the second pie dough round on top and crimp the edge. Cut a few slits into the center of the pie to allow steam ventilation.
5. Bake the pie for 30 minutes and then cover with foil and bake for an additional 10 minutes. Serve hot.

Recipe adapted from Allrecipes.com [<https://www.allrecipes.com/recipe/85166/pennsylvania-dutch-corn-pie/>]

HAPPENING NOW ON



Tomatoes



<http://teriskitchen.com>

Print

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PEA SOUP

8:20



◆ AI Overview




Yes, a pea, ham, and potato soup is considered a Pennsylvania Dutch dish, as it closely resembles the Dutch "snert" which is a hearty split pea soup typically made with ham or a ham hock, potatoes, and vegetables; many Pennsylvania Dutch communities have roots in the Netherlands, so this soup is a common part of their cuisine. 

Key points about this soup and its connection to PA Dutch:


Origin:

The base recipe is very similar to the Dutch "snert" which is a thick split pea soup often made with ham. 

Ingredients:

The inclusion of peas, ham, and potatoes are key elements in both the Dutch "snert" and the Pennsylvania Dutch version of this soup. 

Cultural influence:

Due to the historical migration of Dutch settlers to Pennsylvania, many traditional Dutch dishes like this soup became part of the Pennsylvania Dutch culinary heritage. 

HAM SALAD

(http://recipes.pauladeen.com/index.php/recipes/view/ham_salad/) –
from [PaulaDeen.com](http://recipes.pauladeen.com) (<http://recipes.pauladeen.com>)

Ingredients:

2 cups leftover ham, chopped in a food processor

1 cup finely diced celery

1/4 cup finely minced sweet onion

1 teaspoon Dijon mustard

2 hard-boiled eggs, diced

1/4 cup hot pickle relish, drained

1/2 cup mayonnaise

Directions **MIX ALL INGREDIENTS UNTIL WELL BLENDED**
SERVE ON CRACKERS OR BREAD AS A SANDWICH



Fresh Spinach

Beets

Walnuts

Seasoning

Balsamic Vinaigrette

Hard boiled Eggs

Main Dishes

Beef and Noodle Casserole

<http://teriskitchen.com/beef-recipes/beef-and-noodle-casserole.html>

Serves 4 to 6

This casserole recipe came from my mother. It is not as old as most of our family recipes, but a delicious example of Pennsylvania Dutch and German cooking adapted to later food trends.

Ingredients

- 1 pound lean ground beef
- 1 can (8 ounces) tomato sauce, preferably no-salt added
- 4 large garlic cloves, minced
- 1/4 cup chopped onion
- Salt and pepper to taste
- 1 cup cottage cheese, small or large curd
- 1 cup sour cream (can use reduced fat)
- 1/2 cup finely chopped fresh chives (can use 4 tablespoons freeze-dried chives)
- 8 ounces wide or hearty noodles, cooked according to package directions for al dente and drained
- 1 cup shredded sharp cheddar cheese

Preheat oven to 350° F. In a large skillet over medium-high heat, brown the beef. Drain off the excess grease. Add the tomato sauce, garlic, onion, salt and pepper. Bring to a boil; reduce heat to medium-low, cover and simmer about 5 minutes.

Meanwhile, combine the cottage cheese, sour cream and chives in a large bowl. Gently fold in the cooked noodles. Season with more salt and pepper as desired. Grease a 13x9x2-inch baking dish with oil or cooking spray. Layer half of the noodle mixture in the bottom. Top with a layer of the meat mixture. Top with half of the cheddar cheese. Repeat the layers with the remaining noodles and beef. Cover tightly with greased or sprayed foil. Bake until hot and bubbly, about 35 minutes. Remove the foil and sprinkle with the remaining 1/2 cup cheddar cheese. Return to oven, uncovered, and bake until cheese melts, about 5 minutes. Let rest about 5 minutes before serving.

Notes: Casserole can be assembled early in the day, or even a day ahead, and refrigerated. Bake at 400° for about 45 minutes or until hot. Add the remaining cheese as directed in recipe.

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Carol Cowley

Pennsylvania Pot Roast

Prepared by Carol Cowley



<https://www.tasteofhome.com/recipes/pennsylvania-pot-roast/>

Adopted from a Pennsylvania Dutch recipe

Ingredients

- 1 boneless pork shoulder butt roast (2-1/2 to 3 pounds), halved
- 1-1/2 cups beef broth
- 1/2 cup sliced green onions
- 1 teaspoon dried basil
- 1 teaspoon dried marjoram
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 bay leaf
- 6 medium red potatoes, cut into 2-inch chunks - I used little whole reds
- 4 medium carrots, cut into 2-inch chunks
- 1/2 pound medium fresh mushrooms, halved
- 1/4 cup all-purpose flour
- 1/2 cup cold water
- 1/4 teaspoon browning sauce

Directions

Place roast in a 5-qt. slow cooker; add broth, onions and seasonings. Cook, covered, on high for 4 hours. Add potatoes, carrots and mushrooms. Cook, covered, on high 1 hour longer or until vegetables are tender. Remove meat and vegetables; keep warm. Discard bay leaf.

In a saucepan, combine flour and cold water until smooth; stir in 1-1/2 cups cooking juices. Bring to a boil. Cook and stir until thickened, 2 minutes; add browning sauce. Serve gravy with roast and vegetables and, if desired, top with additional green onions.

Kielbasa and Cabbage with mustard vinaigrette sauce

Prep Time:

15 mins

Cook Time:

30 mins

Total Time:

45 mins

Servings:

6

Mustard Vinaigrette

- 1/4 cup olive oil
- 2 Tbsp red wine vinegar
- 1.5 Tbsp stone ground or whole grain mustard
- 1/4 tsp garlic powder
- 1/4 tsp salt
- Freshly Cracked Pepper
-

● Prepare the vinaigrette by adding the olive oil, vinegar, mustard, garlic powder, salt, and some freshly cracked pepper to a bowl or jar. Whisk or shake the jar until the ingredients are combined, then set the vinaigrette aside.

Kabasa and cabbage

Ingredients

6 slices bacon

1 onion, chopped

1/4 cup water

2 tablespoons white sugar, or to taste

3 teaspoons caraway seed 2 teaspoons minced garlic

1/4 teaspoon crushed red pepper flakes

1/4 teaspoon seasoning salt

1 large head cabbage, cut into small wedges

1 pound Polish kielbasa

Directions

STEP 1

Fry bacon in a large skillet over medium-high heat until browned, turning once. Remove bacon from pan, reserving drippings, and place on paper towels.

STEP 2

Stir onions, water, sugar, caraway seeds, garlic, red pepper flakes, and seasoned salt into drippings. Add cabbage and gently stir. Cover and cook over medium heat for 10 to 15 minutes.

STEP 3

Add kielbasa to the pan. Cook, covered, for an additional 10 to 15 minutes. Crumble bacon over top and serve hot

Wendy Closterman

Kielbasa and Cabbage with mustard vinaigrette sauce

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15 mins

Cook Time:

30 mins

Total Time:

45 mins

Servings:

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Ward Closterman

Here's what's cookin': Barbeque Serves:
Recipe from the kitchen of: Loann

1 lb. hamburger
2 tbsp. butter
1 med. onion chopped
1/2 cup green pepper
2 tbsp. brown sugar
1 tbsp. worcestershire sauce
2 tbsp. mustard
1 tsp. salt
3/4 cup catsup

Brown hamburger. Drain.
Combine the rest of the
ingredients and simmer 10 minutes.
Add sauce to hamburger and simmer
5-10 minutes.

Spice a dish with love and it pleases every palate.

Desserts

Apple

+ Blueberry

Amish Apple Fry Pies

Jany + Charlie
Bukovac

Classic Apple Pie Flavor, in a glazed crust makes these Fry Pies the perfect way to satisfy your sweet tooth on the go!

PREP TIME: 1 HOUR HR

COOK TIME: 40 MINUTES MINS

ADDITIONAL TIME: 5 MINUTES MINS

TOTAL TIME: 1 HOUR HR 45 MINUTES MINS

SERVINGS: 6 6

For the filling:

- 2 large apples (peeled, cored, and diced)
- 1/4 cup brown sugar
- 1/2 teaspoon cinnamon
- 1 teaspoon vanilla
- 2 teaspoons cider / apple juice
- 1 teaspoon cornstarch

For the dough:

- 2 cups flour (sifted)
- 4 Tablespoons butter
- 2 egg yolks
- 1/3 cup HOT milk
- 1/4 teaspoon salt

For the glaze:

- 1 teaspoon vanilla
- 2 Tablespoons milk
- 1 cup powdered sugar
- Vegetable or canola oil (for frying)

1. To make the filling, combine the apples, brown sugar, cinnamon, and vanilla in a small sauce pan. Cook on medium heat until juices start to form, about 3 minutes. Make a slurry by whisking together the cider and cornstarch. Stir this into the pan, turn the heat up to high, and cook, stirring constantly, until mixture is thickened, about 3 minutes longer. Remove from heat and set aside.

1. For the dough, cut the butter into cubes then use a pastry cutter to work it into the flour. Continue to cut in the butter until it's in small pea-sized lumps. In a small mixing bowl, beat the egg yolks and salt together. Slowly pour in hot milk, stirring constantly. Pour the milk mixture into the flour mixture. Stir together until a dough begins to form.

Turn the dough out onto parchment or wax paper, and knead it until it smooths out, about 1 minute.

2. Divide the dough into 6 equal sized pieces and roll them each into a ball. Use a rolling pin to roll them out to about 6 inch circles. Fill each circle with 2 Tablespoons of apple mixture. Fold the dough in half over the filling and pinch the edges together to seal. You can flute the edges or use a fork to crimp them. If the edges aren't sealing properly, wet them with a little water.

3. Heat the oil in a deep sauce pan to 350 degrees. You can test to see if the oil is ready by sticking a wooden spoon into the center of the pot. If small bubbles form around the handle, you're ready to go.

4. Place the pies in the hot oil one at a time and fry until golden brown on both sides, about 2-3 minutes per side. Remove from the oil with a slotted spoon and place on paper towels to dry.

5. Repeat with remaining pies.

6. While the pies fry, make the glaze. In a small bowl, whisk together the powdered sugar, vanilla, and milk until smooth. It's best to glaze the pies while they're still warm. I use a pastry brush to brush the glaze on one side then let it dry, flip them over, and glaze the other side. You can put two coats of glaze on for extra sweetness if you like, but wait for the glaze to harden in between coats.

7. Pies can be stored uncovered for 2-3 days. If you want the glaze to remain hard, do not place the pies in a plastic bag or sealed container. Just leave them on a wire rack or pan.

Nutrition

Calories: 406kcal | Carbohydrates: 73g | Protein: 6g | Fat: 10g | Saturated

Fat: 6g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 3g | Trans

Fat: 0.3g | Cholesterol: 87mg | Sodium: 172mg | Potassium: 177mg | Fiber: 3g | Sugar: 37g | Vitamin A: 390IU | Vitamin C: 3mg | Calcium: 53mg | Iron: 2mg

Chocolate Funny Cake Pie

Author: Sphere Magazine, June 1974

Cuisine: Pennsylvania Dutch

Ingredients

- Pastry for a 9-inch one-crust pie (your favorite recipe)
- Chocolate Layer:
 - ½ cup granulated sugar
 - ¼ cup unsweetened cocoa powder
 - 6 Tablespoons water
 - ¼ teaspoon vanilla
- Cake layer:
 - 1 cup all-purpose flour
 - 1 cup granulated sugar
 - 1 teaspoon baking powder
 - ¼ cup cold salted butter, cut into small pieces (or if use unsalted butter, add ¼ teaspoon salt)
 - 1 egg, beaten
 - ½ cup whole milk
 - ½ teaspoon vanilla

Instructions

1. Prepare your favorite pie pastry for a one-crust pie, and line a 9-inch pie pan. (Or you can use one refrigerated pie crust, if desired.) Set aside.
2. Heat oven to 350 degrees.
3. In a small mixing bowl, prepare chocolate layer by whisking together the chocolate layer ingredients; set aside.
4. For cake layer, in a medium mixing bowl stir together the flour, 1 cup sugar, and baking powder. (and salt if using unsalted butter as noted). Cut in the cold butter using a pastry blender until mixture forms small pieces. Stir in the egg, milk, and ½ teaspoon vanilla; mix well. Spoon mixture carefully in dollops over chocolate, and evenly smooth out, trying to keep the chocolate layer from peeking through.
5. Bake until the center is done and a pick inserted in the center comes out clean, about 35-40 minutes. Cool pie on wire rack before cutting into wedges. Refrigerate any leftovers.

Recipe by The Culinary Cellar at <https://theculinarycellar.com/pennsylvania-dutch-chocolate-funny-cake-pie/>

Pennsylvania Dutch Funny Cake

Pennsylvania Dutch Funny Cake - Funny Cake is a pie, with the crust filled first with a mixture of cocoa, sugar, and then with a plain cake batter. In the baking, the chocolate rises to the top like a custard.

PREP TIME 20 min
COOK TIME 40 min
YIELD 16 servings

Ingredients

- 2 cups sugar, divided
- 1/2 cup baking cocoa
- 1-1/2 cups whole milk, divided
- 2 sheets refrigerated pie crust
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 large egg, room temperature
- 2 tablespoons shortening
- 1 teaspoon vanilla extract
- Whipped cream, optional

In a small saucepan, combine 1 cup of sugar and cocoa. Blend in 1/2 cup milk. Cook and stir over medium heat until mixture comes to a boil. Cook and stir until thickened, about 2 minutes. unroll crusts into 9-in. pie plates. Pour mixture into crusts, tipping to coat the crusts halfway up the sides; set aside. In a bowl, combine flour, baking powder, salt and remaining sugar. Add egg, shortening, vanilla and remaining milk; beat until smooth. Starting at the edge, spoon batter into the crusts, completely covering the chocolate. Bake at 350° for 40 minutes or until a toothpick inserted in the center comes out clean. Serve warm or chilled with whipped cream if desired.

Amish Wet Bottom Shoofly Pie

Shoo-fly pie is a traditional Amish breakfast pie with a layer of gooey molasses on the bottom, cake-like middle, and crumb topping. Very easy to make and is perfect with a cup of coffee.

★★★★★ 5 from 18 votes



PREP TIME

20 mins

COOK TIME

55 mins

TOTAL TIME

1 hr 15 mins



COURSE

Breakfast, Dessert

CUISINE

Amish



SERVINGS

16 people

CALORIES

403 kcal

INGREDIENTS

- 2 (9") unbaked pie crusts

Wet mixture:

- 1/3 c. brown sugar
- 4 large eggs
- 1 1/2 c. light-tasting molasses (Golden Barrel unsulphered baking molasses and King Syrup are some of the best)
- 1 1/2 c. boiling water
- 1 tsp. baking soda

batter between the two pie crusts.

2 (9") unbaked pie crusts

2. Quickly cover with the reserved crumb mixture (try to get all the edges covered as well).
3. Bake immediately, at 425° for 10 minutes. Reduce temperature to 350° and continue baking for another 40 minutes or until the pie is set and not too jiggly.
4. Cool and store, loosely covered, at room temperature. You can also wrap and freeze one pie for later.

NOTES

Golden Barrel baking molasses is good light-tasting molasses. Although, if you prefer a lighter flavor, use a mixture of Golden Barrel Molasses and King Syrup.

I usually bake my pies on the bottom oven rack about in the middle of the oven. It gets your bottom crust flakier and keeps tops from getting too dark.

This pie resembles a coffee cake. It's an Amish breakfast pie and goes great with coffee. We used to put ours in a bowl and poured milk over it to eat it.

Yields 2 (9") pies

- **This recipe was edited in 2023.**

*Nutrition is approximate.

NUTRITION

Serving: 1slice	Calories: 403kcal	Carbohydrates: 66g
Protein: 6g	Fat: 13g	Saturated Fat: 3g
Polyunsaturated Fat: 4g	Monounsaturated Fat: 5g	Trans Fat: 1g
Cholesterol: 47mg	Sodium: 190mg	Potassium: 416mg
Fiber: 1g	Sugar: 32g	Vitamin A: 68IU
Calcium: 73mg	Iron: 3mg	



KEYWORD

Amish Breakfast Pie, Amish Shoo-fly Pie Recipe, How to make shoo-fly pie, Wet bottom shoo-fly pie recipe, What is shoo-fly pie?

To:

Laurie McIlmurray

Subject:

RE: Blueberry Buckle

Subject: Blueberry Buckle

Ingredients:

3/4 cup sugar

1/4 cup butter melted

1 egg

1/2 cup milk

2 cups flour

1 tsp, baking powder

2 tsp salt

2 cups well-drained blueberries

Cream together sugar, butter, egg

Stir in milk

Sift together flour, baking powder, salt

Blend in blueberries.

Pour into greased 9 inch pan

Note:

I use less amounts of the following:

Sprinkle top with mixture of:

1/2 cup sugar

1/3 cup sifted flour

1/2 tsp cinnamon

1/4 cup butter mixed in

Bake at 375 degrees for 40 minutes

Enjoy!

Apple Crisp ^{350°} 45-50 Mins.

2 C flour
2 C sugar
2 Tsp. Baking powder
pinch of salt

2 eggs slightly beaten
2 sticks softened butter
Added to flour mixture
to crumble with cutter

Grease a 9x13 pan
~~set~~ slice apples for
~~the~~ bottom of pan.

Sprinkle cinnamon and sugar
on top. Then put crumbs on top.
Pour $\frac{1}{2}$ stick of melted butter
on top.

Taste of Home



German Apple Cake (Apfelkuchen)

Total Time Prep: 20 Min. Bake: 45 Min. + Cooling

★★★★☆ **Contest Winner**

Test Kitchen Approved

Embrace nostalgic flavors and homey feelings with German apple cake—an old-fashioned dessert that's so delicious, we keep making it today.

Ingredients

- 5 large egg yolks
- 2 small to medium tart apples, peeled, cored and halved
- 1 cup plus 2 tablespoons unsalted butter, softened
- 1-1/4 cups sugar
- 2 cups all-purpose flour
- 2 tablespoons cornstarch
- 2 teaspoons cream of tartar
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/4 cup 2% milk
- Confectioners' sugar

Directions

- 1** Preheat oven to 350°. Let egg yolks stand at room temperature for 30 minutes. Starting 1/2 in. from 1 end, cut apple halves lengthwise into 1/4-in. slices, leaving them attached at the top so they fan out slightly.
- 2** Cream butter and sugar until light and fluffy, 5-7 minutes. Add egg yolks, 1 at a time, beating well after each addition. In another bowl, sift flour, cornstarch, cream of tartar, baking powder and salt twice. Gradually beat into creamed mixture. Add milk; mix well (batter will be thick).
- 3** Spread batter into a greased 9-in. springform pan wrapped in heavy-duty foil. Gently press apples, round side up, into batter. Bake until a toothpick inserted in the center comes out with moist crumbs, 45-55 minutes. Cool on a wire rack 10 minutes. Loosen side from pan with a knife; remove foil. Cool 1 hour longer. Remove rim from pan. Dust with confectioners' sugar.

Nutrition Facts

1 piece: 422 calories, 23g fat (14g saturated fat), 148mg cholesterol, 177mg sodium, 50g carbohydrate (28g sugars, 1g fiber), 4g protein.

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