



# WANDA & BRUNSTETTER'S

## *Amish Friends* **COMFORT FOODS** **COOKBOOK**



More Than 270 Recipes that Taste like Home and Love

© 2024 by Wanda E. Brunstetter

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# INTRODUCTION

There seems to be a lot of talk about comfort foods these days. Maybe that's because we all feel the need to be soothed, especially during times of stress.

Why do we turn to food when our emotions are on a roller coaster? Why do certain foods bring us comfort? While this new cookbook won't answer the psychological questions, it will provide you with recipes for a variety of comfort foods that could help you through a bad day or add joy to a special occasion. Although food can't make a person's problems or feelings go away, it can make us feel better mentally and physically, if only for a little while.

Foods that are considered comforting are based on individual preference. Some of us crave sweets, while others prefer high-carb meals or the enjoyment of eating healthy treats. Basically, most any food could be considered as a comfort food if it's something that brings you pleasure and enjoyment.

Comfort foods can trigger our brain's reward system and pleasure centers, leading to the production of dopamine. This can boost a person's mood or even make them feel so relaxed that they might fall asleep.

Some of my favorite comfort foods are creamy tomato soup, chocolate brownies, cottage cheese with pineapple slices, homemade vanilla ice cream, and toasted cheese sandwiches. I also enjoy drinking comforting beverages such as warm apple cider, maple-flavored herbal tea, and guava juice over ice.

Inside this new comfort food cookbook, you will find over two hundred recipes for delicious heartwarming foods, divided into traditional categories from main dishes and sides to desserts and snacks.

I wish to thank my editor, Rebecca Germany, for compiling the recipes submitted by Amish and Mennonite friends who live in plain communities around the country.

*Wanda E. Brummett*

*Therefore, whether you eat or drink,  
or whatever you do, do all to the glory of God.*

1 CORINTHIANS 10:31

*Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our tribulation, that we may be able to comfort those who are in any trouble, with the comfort with which we ourselves are comforted by God.*

2 CORINTHIANS 1:3-4





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# PRECIOUS MEMORIES

by Amish friend LYDIANN YODER, Andover, OH

Reprinted from *Wanda E. Brunstetter's  
Amish Friends Gatherings Cookbook*

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My dad's family made many cherished memories by celebrating family members' birthdays. These were always evenings we looked forward to and were enjoyed by all.

My dad's birthday was in March. We would not tell him which evening everyone was coming so he'd be surprised. But his family's special efforts in cleaning up the house would always make him suspicious. The relatives would arrive with their families and freezers of homemade ice cream with toppings. A beautifully decorated cake made by Uncle Lester's wife would be admired by all. The cakes were made in various shapes and designs.

Soon the evening was over and the ice cream eaten. But we could look forward to Grandpa's birthday in June. Strawberries would be ripe by then and included in the menu. My uncles would tease me because I never wanted my strawberries on top of my ice cream but in a separate bowl.

Grandmother, two uncles, and two aunts had birthdays in September. They were all celebrated the same evening, usually at my grandparents' house. Again came the many freezers of ice cream with ice put in a gunnysack and chopped up. The iceman would bring ice twice a week.

Our uncle who lived closer to town would sometimes bring store-bought ice cream. We always chose the homemade first, though. Since no strawberries were in season then and we had no freezers to keep any, we'd have chocolate dip to put on our ice cream instead. It was so yummy, especially when it was still warm and poured over the ice cream. I have included the recipe (page 207).

Time has a way of slipping by. We are now making memories for our families. Let's not be too busy to make family members' birthdays special by sharing it with them.





# MEMORABLE BEVERAGES



*If it weren't for hot water,  
the teakettle wouldn't sing.*

AMISH SAYING

## ICED TEA

2 quarts water  
12 sprigs mint  
4 tea bags

1 cup lemon juice  
2 cups sugar

In a saucepan, heat water and brew mint and tea for 1 hour. Add lemon juice and sugar. Put into jars and seal. To 1 quart concentrate, add 2 quarts water and ice to make 1 gallon. Adjust to taste. You can use more mint and no tea bags if desired.

MIRIAM BYLER, Spartansburg, PA



## SUN TEA

10 Lipton tea bags  
1½ cups sugar  
1 envelope lemonade mix

On a sunny day, put tea bags in glass gallon jar and fill with water. Set in sun for 3 hours. Remove tea bags and add sugar, lemonade mix, and more water if needed to fill the gallon. Chill.

MALINDA GINGERICH, Spartansburg, PA

## GOOD LEMONADE

1 cup sugar  
1 cup lemon juice

9 cups cold water

Combine sugar and juice, stirring until sugar is dissolved. Add water.

EMMA ZOOK, Navarre, OH

## QUICK ROOT BEER

2 cups sugar  
1 gallon warm water

4 teaspoons root beer extract  
1 teaspoon yeast

Dissolve sugar in some of the warm water, stirring. Add remaining water, extract, and yeast. Set in sun for 4 hours or until ready. Chill.

EMMA BEILER, Delta, PA

## HOMEMADE HOT CHOCOLATE MIX

*This recipe was shared by a friend along with the mix for Christmas one year. It is very rich and sweet. Perfect for comfort on a cloudy winter day.*

3 cups dry nonfat or  
whole milk powder  
2 cups powdered sugar

1½ cups cocoa powder  
¼ teaspoon salt

Whisk together all ingredients in large bowl or place ingredients in a food processor, pulsing until chocolate is finely ground. Store in an airtight container.

### TO MAKE A CUP:

Mix ⅓ cup mixture into 1 cup hot milk. Top with whipped cream, miniature marshmallows, or other desired topping.

SALOME BEILER, Woodward, PA

## YUMMY HOT CHOCOLATE

*This is delicious!*

¼ cup brown sugar  
2 tablespoons cocoa powder  
⅛ teaspoon salt  
¼ cup hot water

1 tablespoon butter  
4 cups milk  
1 teaspoon vanilla  
12 large marshmallows

In a large saucepan, combine sugar, cocoa, and salt. Stir in hot water and butter. Bring to a boil. Add milk, vanilla, and marshmallows. Heat until hot, remove from heat, and let marshmallows melt for about 10 minutes. Stir and serve.

KARI PETERSHEIM, Fredericktown, OH

## CAPPUCCINO MIX

*Delicious for those days when the snow is flying outside your window.*

2 cups dry milk

$\frac{2}{3}$  cup french vanilla creamer

1 cup powdered coffee creamer

$\frac{1}{4}$  teaspoon salt

$\frac{2}{3}$  cup chocolate milk mix

$\frac{1}{4}$  cup coconut sugar  
or cane sugar

$\frac{1}{4}$  heaping cup instant coffee

Mix all ingredients and store in an airtight container. Add  $\frac{1}{4}$  cup mixture to 1 cup hot water and mix until dissolved. Adjust mixture-to-water ratio to your taste.

NELSON AND JOANN MILLER FAMILY, Fredericktown, OH



## PUMPKIN SPICE LATTE

2 cups milk

4 teaspoons pumpkin puree

4 teaspoons maple syrup

1 teaspoon cinnamon

½ cup strong brewed coffee

Whipped cream

Nutmeg

In a saucepan, combine milk, pumpkin, maple syrup, and cinnamon and bring to a boil, whisking vigorously until mixture is foamy. Divide coffee into 2 mugs and divide milk mixture on top. Add a dollop of whipped cream and a sprinkle of nutmeg on top.

Note: in place of maple syrup you can use 3 tablespoons brown sugar plus 1 tablespoon water.

MRS. MELVIN SCHLABACH, Dayton, PA



## ICED HONEY MOCHA

Ice  
1 cup cold brewed coffee  
3 to 5 teaspoons honey  
½ tablespoon cocoa powder

3 to 4 tablespoons half-  
and-half, coconut milk,  
or almond milk

Fill a wide-mouth pint-size mason jar halfway full with ice. Top with coffee, honey, and cocoa powder. Screw lid on mason jar and shake vigorously until cocoa powder is well mixed into the drink. Top with half-and-half. Mix until blended.

KATHY NISLEY, Loudonville, OH

## EGGNOG

2 eggs  
¼ cup maple syrup  
4 cups milk  
¼ teaspoon salt

1 teaspoon vanilla  
½ teaspoon nutmeg  
½ teaspoon cinnamon

Mix all ingredients together in a blender. Serve. Makes 1 quart.

KARI PETERSHEIM, Fredericktown, OH

## FAVORITE EGGNOG

*We use this quite often as a healthy drink.  
Delicious and a good source of protein.*

3 eggs  
1 teaspoon vanilla  
½ teaspoon cinnamon

¼ cup sugar  
Milk

Beat eggs thoroughly. Add vanilla, cinnamon, and sugar. Beat well. Pour into a quart jar or pitcher and fill with cold milk.

MRS. MELVIN SCHLABACH, Dayton, PA

## JAMOCHA SHAKE

1 cup cold brewed coffee  
1 cup milk  
3 tablespoons sugar

3 cups vanilla ice cream  
3 tablespoons chocolate syrup

In a blender, place coffee, milk, and sugar, blending on medium speed for 15 seconds to dissolve sugar. Add ice cream and chocolate syrup and blend until smooth and creamy.

DORETTA MAST, LaGrange, IN

## PUMPKIN CHEESECAKE SHAKE

1 cup crushed ice  
1/3 cup milk  
1/4 cup cottage cheese  
1 to 2 ounces cream cheese  
or 2 tablespoons heavy  
whipping cream  
2 tablespoons pumpkin puree

1/4 teaspoon pumpkin pie spice  
Dash vanilla  
Dash salt  
1/8 teaspoon xanthan gum  
3 smidgens stevia  
1/2 scoop whey protein  
powder (optional)

Put all ingredients in a blender and blend until smooth.

RANAE YODER, Kalona, IA

## STRAWBERRY MILKSHAKE

1 quart frozen strawberries  
1/2 cup sugar  
5 cups milk

Put all ingredients in a blender and blend until smooth. Delicious to enjoy on a warm summer day.

MARLENE STOLTZFUS, Gap, PA



## SLUSHY DRINK

1 (6 ounce) package  
gelatin of any flavor  
1 cup sugar  
2 cups boiling water

46 ounces pineapple juice  
1 quart cold water  
Lemon-lime soda

Mix together gelatin, sugar, and boiling water, stirring until all is dissolved. Mix in pineapple juice and cold water. Freeze. Thaw a little and serve with lemon-lime soda.

ELLA SHETLER, West Salem, OH

## RHUBARB FRUIT SLUSH

½ steamer full of  
chopped rhubarb  
12 ounces frozen lemonade  
16 ounces frozen orange juice  
6 cups sugar

3½ quarts water  
2 packages tropical punch  
Kool-Aid mix  
Lemon-lime soda

Place rhubarb in steamer with water and steam. To a kettle, add lemonade, orange juice, sugar, 3½ quarts water, and Kool-Aid. Heat to melt sugar. Strain rhubarb and add juice to mixture. Cool and pour into containers to freeze. To serve, thaw slightly and pour lemon-lime soda over.

GLEND A SCHWARTZ, Milford, IN

## RHUBARB JUICE

4 pounds rhubarb, chopped  
4 quarts water  
2 cups sugar

1 cup orange juice  
1 cup pineapple juice

In a saucepan, combine rhubarb and water and cook until softened. Drain and add sugar, orange juice, and pineapple juice to rhubarb juice. Cold pack in quart jars for 5 minutes to seal. Serve juice over ice and add cold water to adjust taste for a refreshing drink.

MIRIAM BYLER, Spartansburg, PA

## CANNED CIDER

In a large pot, heat apple cider to at least 180 degrees. Hold at that temperature for 10 minutes. Ladle into hot quart canning jars. Screw on 2-part lids and turn jars down. When completely cool, lids should be sealed.

This tastes like fresh cider for a great drink during winter, but don't drink too much. If unwell with flu, drink with pineapple juice. It is especially good for children when they are sick. It chases away the cold or flu quicker and is a treat for sick children.

MRS. REUBEN (ANNA) LAPP, Rockville, IN

## STOMACH COMFORT DRINKS

- When feeling unwell, heat milk and soak saltine crackers or toasted bread in it to eat. Season with salt and pepper as desired. It is light on an upset stomach.
- Gelatin water or thickened gelatin is supposed to ease an upset stomach. Cherry flavor tastes the best, most satisfying.

EMMA GINGERICH, Bremen, OH

## GOLDEN MILK TONIC

4 cups milk

3 teaspoons turmeric

2 teaspoons cinnamon

2 teaspoons ginger

¼ teaspoon pepper

2 tablespoons maple

syrup or honey

Blend all ingredients in a blender or bring to a simmer in a saucepan while whisking well. Store in the refrigerator and add some to your coffee each day. Curcumin (active ingredient in turmeric) is great for arthritis, and you need the black pepper to help absorb it. Also, this tonic is great for skin health, depression, digestion, immunity, anti-inflammation, and higher antioxidant and iron levels.

MIRIAM BYLER, Spartansburg, PA

