

Dinner and A Book Episode # 406

Menu:

Huntington Chicken
Bruckle Soup
Corn Fried Mush
Salad with cooked dressing
Garden Peas
Butterscotch Pudding
Water

Recipes:

Bruckle Soup

Break up pieces of white bread into several bowls. Use approximately 1 slice per person. Sprinkle sugar on top along with cut up fruit that is in season such as peaches, strawberries or blueberries. Add milk.

This is a favorite Amish supper dish in the summer.

Butterscotch Pudding

Brown: 1/4 cup butter and 1/2-cup nuts (walnuts) and fry a little.

Add:

2 cups brown sugar
4 cups boiling water
3/4-cup minute Tapioca
Dash of salt

Cook at full boil for 3 minutes. Take off heat and add 1/4 teaspoon maple flavoring (very small bottle). Cook until clear, about 5 minutes boiling. Cool and serve with whipped cream.

Fried Corn Meal Mush

Boil 3 quarts water in a large pot.

Separately combine:

4 cups cornmeal
1-cup flour
4 teaspoons salt
1-quart cold water

Stir until these 4 ingredients are smooth. Gradually stir the mixture into the boiling water. Continue to stir so it doesn't stick to the bottom of the pot. When well blended, cover and cook slowly on low heat for 1 hour. Stir frequently.

Put in a flat dish or casserole. Chill thoroughly. Cut in slices about 1/4 to 1/2 inch thick.

Fry until golden brown. Drizzle with maple syrup, meat gravy or hot tomato sauce, a little like polenta.

When planning a meal around this theme use the following decor:

Use Amish quilts, garden flowers, and pictures of gently rolling meadows. Use stoneware dishes. Use a simple checkered tablecloth, but avoid going overboard with Amish decor, especially overtly commercial trinkets and such. Everyone will certainly have something to say regarding the long period of shunning, the hard lives ere are some revision to Eyes at the Window.

Music: Appalachian Spring by Aaron Copeland.