

*Amish*  
COOKING CLASS



THE SEEKERS

WANDA E.  
BRUNSTETTER

# Heidi's Cooking Class Recipes

## *Amish Country Breakfast*

### Ingredients:

14 slices whole wheat bread	1 pound cheddar cheese, shredded
2½ cups ham, cubed	6 eggs
1 pound mozzarella cheese, shredded	3 cups milk

### Topping:

½ cup butter, melted	3 cups cornflakes (do not crush)
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Grease 9x13 baking pan and layer half the bread, ham, and cheeses. Repeat layers. Beat eggs in a mixing bowl, add milk, and pour over layers in pan. Refrigerate overnight. Next morning, preheat oven to 375 degrees. Mix butter and cornflakes. Spread mixture over other ingredients in pan. Cover loosely with foil and bake for 45 minutes.

## *Amish Haystack*

### Ingredients:

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| ½ pound saltine crackers or<br>one bag corn chips, crushed | 1 quart cooked navy or<br>pinto beans             |
| 2 cups cooked white or<br>brown rice                       | 2 eggs, boiled and chopped<br>(optional)          |
| 2 heads lettuce, chopped                                   | 2 cups nuts, chopped<br>(optional)                |
| 6 to 8 tomatoes, chopped                                   | 1 (14 ounce) can condensed<br>milk                |
| 1 (6 ounce) can black olives,<br>sliced                    | 2 cans cream of cheddar<br>soup                   |
| 2 cups tomatoes, diced                                     | 1 (16 ounce) jar Ragu<br>spaghetti sauce or salsa |
| 2 cups onions, diced                                       | 3 pounds ground beef,<br>browned                  |
| 2 cups green pepper, diced                                 |   |
| 2 cups celery, diced<br>(optional)                         |   |

Put each of first 12 ingredients into separate containers. Mix soup and milk together in a saucepan and heat. Add the Ragu sauce or salsa to browned ground beef and heat.

Each person creates their own haystack by layering items in order given on their plate. Pour cheese sauce and favorite salad dressing on top and enjoy! Serves 12 to 14 people.

## *German Pizza*

### Ingredients:

1 pound ground beef, browned	2 tablespoons butter
½ medium onion, chopped	6 raw potatoes, shredded
½ green pepper, diced	3 eggs, beaten
1½ teaspoons salt, divided	⅓ cup milk
½ teaspoon pepper	2 cups cheddar or mozzarella cheese, shredded

In 12-inch skillet, brown beef with onion, green pepper, ½ teaspoon salt, and pepper. Remove beef mixture from skillet. Drain skillet; then melt butter in it. Spread potatoes over butter and sprinkle with remaining 1 teaspoon salt. Top with beef mixture. Combine eggs and milk and pour over all. Cook, covered, on medium heat until potatoes are tender, about 30 minutes. Top with cheese; cover and heat until cheese melts, about 5 minutes. Cut into wedges or squares to serve.

## *Apple Cream Pie*

### Ingredients:

3 cups apples, finely  
chopped

1 cup brown sugar

¼ teaspoon salt

1 rounded tablespoon flour

1 cup cream

1 (9 inch) unbaked pastry  
shell

Preheat oven to 450 degrees. Mix apples, brown sugar, salt, flour, and cream. Put in unbaked pastry shell. Bake 15 minutes. Reduce heat to 325 degrees for an additional 30 to 40 minutes. When pie is about halfway done, take a knife and push top apples down to soften. After pie cools, store in refrigerator.

## *German Potato Salad*

### Ingredients:

4 boiled potatoes, cut into  
chunks

1 teaspoon sugar

½ teaspoon salt

¼ teaspoon dry mustard

Dash pepper

2 tablespoons apple cider  
vinegar

1 cup sour cream

½ cup onions, thinly sliced

2 to 3 slices bacon, fried and  
cut into small pieces

Paprika

Place potato chunks in large bowl. Combine sugar, salt, dry mustard, pepper, vinegar, sour cream, onion, and bacon pieces. Pour over warm potatoes and toss lightly until coated with dressing. Serve warm with a dash of paprika.

## *Heidi's Sweet-and-Sour Meat Loaf*

### Ingredients:

1½ pounds ground beef	1 teaspoon pepper
1 medium onion, chopped	1½ teaspoons salt
1 cup saltine cracker crumbs	1 egg, beaten

Preheat oven to 350 degrees. In mixing bowl, combine ground beef and onion. Add cracker crumbs, pepper, salt, and egg. Mix well. Shape into loaf and place in a 9x5 pan.

### Topping:

½ cup tomato sauce	2 tablespoons mustard
1 cup water	2 tablespoons brown sugar
2 tablespoons apple cider vinegar	

In a mixing bowl, combine tomato sauce, water, vinegar, mustard, and brown sugar. Spread over meat. Bake for 1½ hours.

## *Discussion Questions*

1. Heidi wanted desperately to have a baby, but her husband wasn't willing to adopt. Was it right for her to keep asking, or should she have accepted his decision from the beginning?
2. Heidi's husband, Lyle, thought it must not be God's will for them to have children, so he closed his mind to adoption. Do you feel everything that happens to us is for a reason? If you were unable to have a child, would you see it as God's will, or would you seek to adopt?
3. Was it right for Lyle to think only of himself when it came to adopting a child, or should he have considered his wife's need to become a mother?
4. When Kendra's parents, who professed to be Christians, forced her out of their house after she told them she was expecting a baby, she became bitter against them and their religion. Is there ever a time when a parent should turn their back on a grown child?
5. Because of Kendra's father, her mother didn't stick by her, either. Would you be able to choose sides between your husband or child, knowing one of them would be hurt? Was Kendra right in trying to get her mother to take her side against her father's orders?
6. Loretta wanted a simpler life for her children. Could she have found it without joining the Amish church? What are some ways you can simplify your life and still remain English?

7. After the death of his wife, Eli convinced himself he would never fall in love again. Is it possible for one who's lost one's mate to feel the same kind of love the second time around? Why would some widows or widowers feel disloyal to their deceased spouse if they were offered the opportunity for love again?
8. Charlene struggled with feelings of inferiority because she wasn't a good cook. How did attending Heidi's cooking classes help Charlene rise above her insecurities and self-doubt?
9. Should Charlene have made the first move to call her boyfriend after their disagreement, since it was because of her request to move out of the area that she didn't hear from him? Should she have even made such a request, knowing his job, which he enjoyed, was in Dover?
10. Ron had flashbacks and nightmares from the things he'd encountered during the Vietnam War. The things Ron said and did seemed to be related to the emotional scars left from the war. Do you know someone who is suffering from physical or mental postwar trauma? How can you help that person deal with the pain?
11. Ron's children were now adults. Even though his life was messed up due to traumatic things that happened to him during the war, should he have tried to locate his children and attempt to be part of their lives? Have you or someone you know been abandoned by a parent? If so, how did you cope?

12. Eli waited over a year until the law caught the hit-and-run driver who killed his wife. Could you find the strength to move forward and have the patience Eli did in waiting to find out who and why? Would you be able to forgive the person responsible, as Eli did? What does the Bible say about forgiving others?
13. Kendra was devastated when she lost her job and the same day found out the Troyers would not adopt her baby. If something similar happened to you, would you find it difficult to keep a positive attitude and not give up?
14. What are some things you learned about the Amish from reading this book?
15. Could you relate to any of the characters in the story? Were there any scriptures Heidi shared with her students that you found helpful? What is your favorite Bible verse, and how has it helped you during a difficult time?