

Amish
COOKING CLASS



THE CELEBRATION

Heidi's Recipes

Fresh Fruit Salad

Ingredients:

6 peaches, peeled, pitted,
and chopped

1 pound fresh strawberries,
rinsed, hulled, and sliced

½ pound seedless green
grapes

½ pound seedless red grapes

3 bananas, peeled and sliced

Juice from one lime

½ cup pineapple juice

1 teaspoon ground ginger

In large serving bowl, combine cut-up fruit. Toss gently. In smaller bowl, whisk together lime and pineapple juices with ginger to make light dressing. Pour dressing over fruit. Toss gently to combine. Cover and chill fruit for half an hour or so before serving.

Mini Corn Dogs

Ingredients:

1½ cup flour	3 tablespoons softened butter
⅓ cup cornmeal	¾ cup milk
1 tablespoon baking powder	1 package hot dogs, each hot dog cut in half
1 teaspoon salt	
1 tablespoon shortening	

In medium bowl, mix dry ingredients with shortening, butter, and milk. Using rolling pin, roll out dough on greased cutting board or mat. Cut circles from the dough. A wide-mouth canning jar lid works fine for this. Place ½ of hot dog on each circle. Bring the sides of the dough up and pinch in the center. Place on greased cookie sheet. Bake at 350 degrees for 12 to 15 minutes.

Strawberry Shortcake

Ingredients:

½ cup sugar

4 tablespoons softened butter

1 egg, beaten

½ cup milk

½ teaspoon vanilla

1½ cups flour

2 teaspoons baking powder

Pinch of salt

In medium bowl, mix cream, sugar, and butter. Add egg, milk, and vanilla. Mix well. Add flour, baking powder, and salt. Mix well. Pour into greased 9-inch pie pan. Bake at 350 degrees for 25 to 30 minutes. Top with fresh strawberries and whipped cream.

Egg-Salad Sandwiches

Ingredients:

3 hard-boiled eggs, chopped	1/8 teaspoon celery salt
1/8 cup mayonnaise, or more if mixture is too dry	1 1/2 teaspoons yellow mustard
1/4 teaspoon vinegar	1 1/2 teaspoons sugar
1/8 teaspoon salt	1/8 teaspoon onion salt

In medium bowl, mix chopped eggs with all other ingredients, stirring well. Serve on bed of lettuce or make sandwich using fresh bread. A leaf of lettuce, pickles, or sliced olives may be added.

Meatballs

Ingredients:

1 pound ground beef	1 teaspoon Worcestershire sauce
1 large egg	
¼ cup finely chopped onion	⅛ teaspoon salt
⅓ cup old-fashioned oats	⅛ teaspoon pepper
¼ cup milk	1 cup tomato sauce or ketchup

Using shortening or coconut oil, grease 13x9x2-inch baking dish. Set aside. Mix ground beef, egg, onion, oats, milk, Worcestershire sauce, salt, and pepper in bowl. Use tablespoon to scoop mixture and shape into 1½-inch balls. Place meatballs in prepared baking dish. Pour tomato sauce or ketchup over meatballs. Bake at 400 degrees for 20 to 25 minutes. Makes about 25 meatballs, depending on size.

Surprise Muffins

Ingredients:

1 egg	¼ cup sugar
1 cup milk	3 teaspoons baking powder
¼ cup cooking oil	1 teaspoon salt
2 cups flour	Strawberry or blueberry jam

Grease bottom of 12 muffin cups or use paper baking cups. In medium bowl, beat egg with fork. Stir in milk and oil. Blend flour and other dry ingredients until mixture is moistened. Batter may be a bit lumpy. Do not overmix. Fill muffin cups half full of batter. Drop scant teaspoonful of jam in center of batter on each muffin cup. Add more batter to fill cup so it's two-thirds full. Bake at 400 degrees for 20 to 25 minutes or until golden brown. Muffins will have gently rounded and pebbled tops. Loosen from pan immediately and remove with spatula. Serve warm or cold. Makes 12 medium muffins. Discovering the jelly inside the baked muffin is the surprise.

Discussion Questions

1. As in the case of the Troyers helping the Kimballs, would you be able to open your home to a family in need without hesitation?
2. Do you think Hank was too harsh on Velma about the accident she'd caused that left them without a car? Why do some people react to bad news in a negative way?
3. Has a tragedy ever brought positive results into your life and made a bad situation better, like the fire did for Velma?
4. Do you think Velma should have neglected her parents because of the disagreement she and her husband had with them?
5. Do you agree with Velma that it's best to let our children learn life's lessons from their own mistakes?
6. Miranda gave Trent a second chance. Would you be willing to do the same when a person you don't trust is trying to prove they can be trusted?
7. Do you think it is wrong for a couple who is going through an unsettled marriage to use their children as go-betweens or to ask questions about the other spouse the way Trent did?
8. Did Ellen wait too long to tell Becky she was adopted? When is the right time to tell a child about their adoption?

9. Should a parent let their children's influence get in the way of happiness as Darren and Ellen almost did? Would you find it difficult to love again after you've lost your soul mate?
10. How would you handle a child such as Cassidy? Do you think children today are being pacified with too many material objects? Does giving a child a lot of gifts cause them to take important things for granted?
11. Do you think Denise's husband put too much responsibility on her for raising Cassidy? Was it right for Greg to spend so little time with his wife and daughter while he worked long hours at his law firm?
12. How did you feel about Becky standing up for Randy when Cassidy made fun of his chickens? Is there ever a time when it's all right for a child to become physical? What kind of damage can bullying cause a child?
13. In a blazing fire or any situation where it means risking your own life, would you be able to save another person, or even their pet, the way Darren did?
14. After losing a loved one, have you kept a memento that reminds you of them, as Jeremy did with his mother's barrette? How would you feel if you lost that special item?
15. Do you think any of the children or their parents received help from the scriptures Heidi wrote on the back of the recipe cards? Were any of the Bible verses your favorite, and if so, which ones?

16. Which of the characters in this book do you feel changed the most by the end of the story? How did Heidi's influence affect any of these changes?
17. Was it good for the children's parents to attend the cooking class with them, or should they have dropped their kids off and come back to pick them up after the class?
18. If you had the opportunity to take a cooking class hosted by an Amish woman, what questions might you ask her?