



# Delicious Traditional Amish Cooking: Learn How To Cook The Amish Way

*Abigail King*

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Amish cuisine fascinates almost everyone because of its simplicity and strong bond with nature. Modern Amish members buy groceries from the stores, but their bond with nature is unbreakable and therefore they still enjoy the products of their land and hard work.

Amish dietary habits are quite simple and linked with hard labor on the farm or with crops, so according to Ohio State University, Amish cuisine is rich in fats, but due to hard labor they have no concern about it. Typical Amish dishes include eggs, fruit, juices, cooked cereals and meat and vegetables.

In this cookbook you will find delicious recipes for the most popular Amish dishes, from breads, meat dishes, soups to desserts.

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