



Kissin' Wears Out, Good Cookin' Don't: Proven Recipes for Traditional Pennsylvania Dutch Foods

Sarah Eliza Kistler

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The Pennsylvania Dutch are a hard working people and as they say, "Them that works hard, eats hearty." The blending of recipes from their many home lands and the ingredients available in their new land produced tasty dishes that have been handed down from mother to daughter for generations. Their cooking was truly a folk art requiring much intuitive knowledge, for recipes contained measurements such as "flour to stiffen," "butter the size of a walnut," and "large as an apple." Many of the recipes have been made more exact and standardized providing us with a regional cookery we can all enjoy.

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