



Fastnachts

Enjoy this pre-Lent PA Dutch treat any day of the year with this traditional recipe!

Adapted from the Landis Valley Cookbook.

Ingredients

- 2 cups milk
- 1 cup mashed potatoes
- $\frac{3}{4}$ cup sugar
- 1 package yeast
- $\frac{1}{2}$ cup lard
- 2 teaspoons salt
- 2 well-beaten eggs
- 2 tsp ground nutmeg
- Approximately 7 cups flour

Directions

1. Put milk in a saucepan, and scald by heating it to 180 degrees F and then cool down to about 110 degrees F. (Milk should not boil).
2. Add mashed potatoes, sugar, salt, and lard to scalded milk. Let cool until lukewarm, then add eggs and nutmeg.
3. Add yeast and enough flour to make a soft dough. Knead well and place in a greased bowl. Cover with a cloth and let rise for about 1 $\frac{1}{2}$ hours.
4. Roll out about $\frac{1}{4}$ inch thick on a floured board. Cut with a doughnut cutter or into squares.
5. Place on a cloth and let rise until doubled in size; then fry in hot fat until lightly browned on both sides. Drain on paper towels.
6. Serve warm with molasses, syrup, or honey, or sprinkled with sugar.

Note: Leftover fastnachts can be made fresh again by placing them in a brown paper bag and warming in a 350 degree oven for about 10 minutes.



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