

Bread-Machine Fastnachts

2016



I grew up in Lititz in the Pennsylvania Dutch Country, and Fastnacht Day was observed there, but my family saw itself as third generation latecomers from Germany. It was never a big thing in our house.

Later I figured out that Johannes Kloess landed in Philadelphia on Nov. 22, 1752, from the ship "Phoenix," Reuben Houer, captain, from Rotterdam and Cowes. Making my father's side of the family "Dutchier" than most. The spelling got changed to a long-A and silent-E about 1800, likely to correct pronunciation by the "English." So I've been reconstructing a little of my Pa. Dutch heritage.

There are a lot of Fastnacht recipes on the web, but I've developed this one to take advantage of my bread machine. The results will speak for themselves.

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Bread-Machine Fastnachts

2016

- 3 3/8 C all-purpose flour (That's 3 of the 250 ml measures with my machine)
- 1/3 C sugar
- 1 1/2 T dry milk
- 5 T instant mashed potatoes
- 2 T butter
- 1 egg
- 1 1/2 tsp salt
- 1/2 tsp ground nutmeg
- 11 oz. Water
- 1 1/2 tsp dry yeast

- Place all ingredients in the bread machine.
- Use “crisp” “dough” setting. (The long one, 4 hours on my Panasonic.)
- With well-floured hands, place dough on floured surface, and roll to 1/2-inch.
- Cut into diamond-shaped pieces with a pizza cutter.
- Cut a slot in each piece, and place on a floured cookie sheet.
- Place in a warm place for a second rising.
- Fry 3 minutes per side in oil (or shortening) of your choice in a 350-degree electric fry pan.
- Remove to paper towels, and top with confectioner's sugar.

Makes about two dozen.

A gift card to enlighten your friends who save you from eating too many fastnachts:

Fastnachts

(Pennsylvania Dutch Yeast Doughnuts)

Fastnacht Day is a special Pennsylvania Dutch celebration that falls on Shrove Tuesday, the day before Ash Wednesday. The word translates to "Fast Night". The tradition is to eat the very best, and lots of it, using up the fat and sugar before the Lenten fast. Fastnachts (pronounced fost-nokts) are doughnuts. There are three types of Fastnachts, one made with yeast, one made with baking powder, and one made with potatoes and yeast. All are slightly crispy on the outside and not as sweet as standard doughnuts.

These are made with potatoes, and flavored with nutmeg.

Enjoy,