

## Amish Onion Cake: A Savory Comfort Food Delight

The History of Amish Onion Cake



**OVEN**  
**375°F**

**TIME**  
**15-20 min**

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### INGREDIENTS

to create this savory Amish delight:

For the Onion Topping: 3 large onions (Vidalia or yellow), thinly sliced 1/4 cup (1/2 stick) unsalted butter 1 tablespoon poppy seeds 1/2 teaspoon salt 1/4 teaspoon black pepper 1/2 teaspoon paprika:

For the Cake/Dough: 2 cups all-purpose flour 1 tablespoon granulated sugar 1 tablespoon baking powder 1/2 teaspoon salt 1/2 cup (1 stick) unsalted butter, cold and cubed 2 large eggs 3/4 cup milk (whole or 2%) 1/2 cup sour cream:

### DIRECTIONS

1. preparation to create deeply satisfying food. It embodies their philosophy of turning everyday necessities into delicious, soul-nourishing meals.
2. Ingredients
3. Here's what you'll need to create this savory : Amish delight:
4. For the : Onion Topping:
5. (Vidalia or yellow), thinly sliced
6. 1/4 cup (1/2 stick)
7. unsalted butter
8. 1 tablespoon
9. poppy seeds
10. 1/2 teaspoon
11. 1/4 teaspoon
12. black pepper
13. For the : Cake/Dough:
14. all-purpose flour
15. granulated sugar
16. baking powder
17. 1/2 cup (1 stick)
18. , cold and cubed
19. (whole or 2%)
20. sour cream
21. Swaps and : Notes
22. While : Vidalia onions offer a lovely sweetness that caramelizes well, yellow or even red onions can be used. Just ensure they are thinly sliced for even cooking.
23. Poppy : Seeds:
24. These add a subtle nutty flavor and a nice textural contrast. If you don't have them or prefer not to use

them, you can omit them.

25. Using good quality butter makes a difference in the richness of this cake. Ensure the butter for the cake is cold and cubed for the best crumbly texture when cut into the flour.

## SWAPS & NOTES

It's fantastic as a hearty side dish, a unique appetizer, or even a light meal on its own, especially with a warm bowl of soup.

The texture is moist and tender, almost like a very rich cornbread but with a distinct, comforting onion essence.

It's also a great way to use up extra onions from your pantry or garden!

The History of Amish Onion Cake The Amish, known for their traditional way of life and incredible culinary skills, have a rich history rooted in German heritage.

## TIPS FOR SUCCESS

**Caramelize Onions Properly:** This is key for flavor.

Low and slow is the way to go for truly sweet, tender onions.

**Do Not Overmix Dough:** Overmixing develops gluten, which can make your cake tough.

**Use a Springform Pan:** While a 9x9 inch baking dish works, a springform pan makes it easy to remove and showcase the beautiful layers of the cake.

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/amish-onion-cake-a-savory-comfort-food-delight/>