

Delicious Amish Broccoli Salad: A Crunchy Delight

The Sweet & Savory Tradition of Amish Salads



TIME
1-2 min

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INGREDIENTS

to create this delicious and crunchy Amish Broccoli Salad:

For the Creamy Dressing: 1 cup mayonnaise (or a mix of mayonnaise and Miracle Whip) 1/2 cup granulated sugar (adjust to taste) 2 tablespoons apple cider vinegar (or white vinegar) 1/2 teaspoon salt 1/4 teaspoon black pepper:

DIRECTIONS

1. preparation methods. Amish salads, including popular macaroni, potato, and broccoli salads, are distinct for their characteristic creamy dressings that often strike a balance between sweet and savory flavors. While many American salads might lean heavily on savory or tangy profiles, Amish versions frequently incorporate a generous amount of sugar (or sometimes Miracle Whip, which is sweeter than mayonnaise) to create a unique, balanced sweetness.
2. Amish : Broccoli Salad
3. perfectly embodies that tradition. It typically features raw, crisp broccoli florets (sometimes blanched for a softer bite and vibrant color), often cauliflower, bacon for savory depth, shredded cheese, and a sweet and tangy mayonnaise-based dressing. This combination creates a rich, crunchy, and deeply satisfying "salad" that's a staple at Amish gatherings and a beloved comfort food for many. It's a testament to how humble ingredients, combined thoughtfully, can create a widely appealing and memorable dish.
4. Ingredients
5. Here's what you'll need to create this delicious and crunchy Amish Broccoli Salad:
6. For the : Salad:
7. 4-5 cups fresh
8. broccoli florets
9. , chopped into bite-sized pieces
10. 1 cup fresh
11. cauliflower florets
12. , chopped into bite-sized pieces (optional, but classic)

13. , finely diced
14. , cooked crispy and crumbled
15. shredded sharp cheddar cheese
16. (optional, for sweetness)
17. sunflower seeds
18. (optional, for extra crunch)
19. For the : Creamy Dressing:
20. mayonnaise
21. (or a mix of mayonnaise and Miracle Whip)
22. granulated sugar
23. (adjust to taste)
24. 2 tablespoons
25. apple cider vinegar

SWAPS & NOTES

Broccoli & Cauliflower: Use fresh florets.

For a slightly softer texture and brighter color, you can blanch them quickly (immerse in boiling water for 1-2 minutes, then immediately plunge into ice water) and then drain and pat very dry before adding to the salad.

Red Onion: Provides a nice sharp bite and vibrant color.

You can use sweet yellow onion if you prefer a milder flavor.

TIPS FOR SUCCESS

Dry Your Veggies: Ensure broccoli and cauliflower are very dry if washing or blanching.

Excess water will thin out the dressing.

Don't Skimp on Chill Time: Allowing the salad to chill gives the flavors time to meld and penetrate the vegetables, resulting in a more cohesive and delicious final product.

Adjust Sweetness: Amish salads are known for their sweet dressing.

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