



German Friendship Cake (Herman)

This is a funky, fun pass it on style recipe I was handed....why not give it a try?

Intro

Hi, my name is Herman and I am a sour dough cake, I supposed to be on the worktop, without a lid on, for 10 days, during which time you should feed me. If you put me in the fridge I will die and if I stop bubbling I am dead!

Steps

Day 1: The day you receive the mixture. When you get Herman take off the lid and put the mixture in a large mixing bowl - cover the bowl with a tea towel.

Day 2: Give me a good stir

Day 3: Give me a good stir

Day 4: Feed me! Add the following ingredients:

1 cup plain flour (125g), 1 cup milk (240ml), 1 cup sugar (250g). Stir and cover again.

Day 5: Give me a good stir

Day 6: Give me a good stir

Day 7: Give me a good stir

Day 8: Give me a good stir

Day 9 :Repeat step 4 – using the same ingredients, I'm hungry again!

Divide me into 4 portions. Save 1 portion to make a cake for yourself tomorrow.

Give 3 quarters away to friends (or keep another quarter if you want to start again) give your friends this printout so they know the steps.

Keep the final portion for your next cake and repeat the steps to grow Herman again.

Day 10: Complete the Herman cake as follows:

Stir well and add the following ingredients:

1. 1 cup sugar (250g)
2. 2 cups plain flour (250g)
3. 2 eggs
4. 2 tsp cinnamon
5. 2 tsp vanilla essence
6. 2 tsp baking powder
7. 2/3 cup oil (170ml)
8. 2 cooking apples peeled, cored and chopped into chunks
9. 1 cup raisins (150g)
10. optional extras like cherries nuts, chocolate chips, coconut

Mix all together and pour into a large roasting tin. Bake for 45 mins 180 degrees / gas mark 4. When cold cut into fingers.



Ok so if you are looking to make me from scratch this is all you need.

Ingredients

- 460g flour
- 500ml milk
- 230g sugar
- 90ml warm water
- 2 tbsp active dry yeast

Directions

1. Sprinkle 1 tbsp of sugar over the warm water
2. Sprinkle the yeast over this and leave in a warm place for about 10 minutes to double in size
3. Mix the milk, sugar, flour and yeast mixture in a large bowl, stir using a wooden spoon
4. Cover loosely
5. Place in a warm place and stir. Then follow the steps above.

GOOD LUCK PEOPLE - LET ME KNOW HOW YOU GET ON!

IMAGINE IF THE WHOLE POPULATION STARTED MAKING THESE – THERE COULD POTENTIALLY THEN BE MORE HERMANS ON PLANET EARTH THAN HUMANS.... SCARY!!!