



## Herman The German Friendship Cake

Hello, my name is Herman.

I am a sourdough cake. I'm supposed to sit on your worktop for 10 days without a lid on.  
**You CANNOT put me in the fridge or I will die. If I stop bubbling, I am dead.**

**Day 1:** Put me in a large mixing bowl and cover loosely with a tea towel.

**Day 2:** Stir well

**Day 3:** Stir well

**Day 4:** Herman is hungry. Add 1 cup each of plain flour, sugar and milk. Stir well.

**Day 5:** Stir well

**Day 6:** Stir well

**Day 7:** Stir well

**Day 8:** Stir well

**Day 9:** Add the same as day 4 and stir well. Divide into 4 equal portions and give away to friends with a copy of these instructions. Keep the fourth portion.

**Day 10:** Now you are ready to make the cake. Stir well and add the following:

- 1 cup of sugar (8oz or 225g)
- 2 cups plain flour (10oz or 300g)
- half tsp. (teaspoon) salt
- 2/3 (two thirds) cup of cooking oil (5.3oz or 160ml)
- 2 eggs
- 2 tsp. vanilla essence
- 2 cooking apples cut into chunks
- 1 cup raisins (7oz or 200g)
- 2 heaped tsp. cinnamon
- 2 heaped tsp. baking powder

Optional:

- ¼ cup brown sugar
- ¼ cup melted butter

Mix everything together and put into a large greased baking tin. Sprinkle with a quarter of a cup of brown sugar and a quarter of a cup of melted butter. Bake for 45 minutes at 170-180C. Test the middle with a clean knife; you may need to cover in tin foil and bake for a further 20 minutes to make sure your Herman is cooked properly in the middle.

**When baked, Herman can be frozen.**

## The Herman Starter Mix

### Ingredients:

- 5oz (150g) plain flour
- 8oz (225g) castor sugar
- 1 packet of active dry yeast
- ½ pint (10 fl oz or 275 ml) of warm milk
- 2 fl oz (55 ml) lukewarm water

### What to do:

1. Dissolve the yeast in warm water for 10 minutes and stir.
2. Add the flour and sugar then mix thoroughly.
3. Slowly stir in the warm milk.
4. Cover the bowl in a clean cloth.
5. Leave in a cool dry place for 24 hours
6. Now proceed from day one of the 10 day cycle.

## Measures & Conversions

A 'cup' is a measure used in the USA for baking and cooking. Conversions to imperial or metric are as follows:

### Liquid measures:

1 x cup = 8 fl oz. (or 240ml)

### Dry measures:

1 x packet of yeast = approx. 2 tsp.

1 x cup of flour = 5oz (150g)

1 x cup of sugar = 8oz (225g)

1 x cup of brown sugar = 6oz (175g)

1 x cup of raisins = 7oz (200g)