

Herman friendship cake

Hello, my name is Herman 😊

I am a sourdough cake. I am alive and grow slowly – it takes 10 days before you can eat me. **Do NOT put me in the fridge or I will die. If I stop bubbling, I am dead.**

I grow at room temperature. I do not like being covered with a lid, but you can cover me with a tea towel.

Day 1: Today, I was given to you. Pour me into a large bowl and cover with a tea towel.

Day 2: Stir Herman well.

Day 3: Stir Herman & talk to him.

Day 4: Herman is hungry. You must feed him – add 1 cup of each – flour, sugar, milk. Stir well.

Day 5: Stir Herman well.

Day 6: Stir Herman, he likes your visits.

Day 7: Stir Herman well.

Day 8: Stir Herman. Are you still talking to him?

Day 9: Herman is hungry again. Feed the same as day 4. Stir him well.

Having been fed, divide Herman into 4 equal little Hermans. Give 3 away to your friends with a copy of these instructions. Keep the fourth portion.

Day 10: Your Herman is starving after all that. Stir him and sooth his tummy with the following:

300g flour, 150g sugar, 150g melted butter, 2tsp cinnamon, 2tsp baking powder, 3 eggs, 2 grated apples, 2tsp vanilla essence, 50g chopped nuts, pinch of salt. Stir well.

Herman can now go to a hot resort – preheated oven to 170-180°C. Bake Herman for 45-60mins. Check on Herman in about 40mins of baking – test with a clean knife. You may need to cover him with a tin foil and bake for further 20-25mins to make sure he is done in the middle without burning his top.

After all that TLC (tender loving care), you can now eat him 😊 Enjoy!

Herman can also be frozen after baking.