

Holy Trinity Church's Herman!

This is Herman. Herman is a friendship cake that you cannot buy but can give away. Herman is alive. He grows slowly because of the yeast process. It also takes ten days before you can eat him. Herman shouldn't be put in the fridge and also requires a lid or to be covered by a tea towel. He grows at room temperature.

Day 1 Today Herman is given to you. Congratulations you have a new friend. Pour him into a non-metallic bowl and keep him covered with a tea towel as he will continue to grow.

Day 2 Stir Herman with a wooden spoon

Day 3 Stir Herman, talk to him!

Day 4 Herman is hungry. Feed him 200mls milk, 200g caster sugar and 250g sifted self-raising flour

Day 5 Stir Herman

Day 6 Stir Herman

Day 7 Stir Herman

Day 8 Stir Herman, don't forget to talk to him

Day 9 Feed Herman as for day 4. Then split into 5 little Hermans and give 4 away with these instructions

Day 10 Feed your remaining Herman with 150g Self raising flour, 3 beaten eggs, 150g caster sugar, 2 tbsp cinnamon powder, 100g chopped nuts or dried fruit, 2 finely chopped apples, 100ml of oil.

Cook Herman in a lined 7" cake tin for about an hour at 180°C. Then eat!



Herman was born in Holy Trinity Primary School in Cuckfield on 6th October 2011.

We hope he will live for many years to come!

A copy of these instructions can be downloaded and printed from the Church's website:

www.holytrinitycuckfield.org/church-life/messy-church/

We would love to know where Herman goes on his travels so if he comes to visit you please let us know by emailing htcuckfield.churchoffice@virgin.net