



HERMAN THE FRIENDSHIP CAKE

Heart to Heart Lenten Appeal

A Chance to Sit, Share, and Simply Be Together

Lent gently encourages us to slow down, notice one another, and see God at work in the small things a warm slice of cake, a doorstep chat, a gesture that says, 'You matter.'

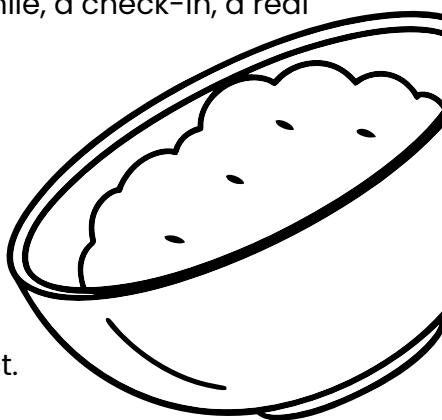
That's the heart of Herman the Friendship Cake. Over ten days he grows, and on Day 10 he's shared. It's more than passing on cake; it's offering a moment of connection—a smile, a check-in, a real 'How are you?'

Whether you share Herman once or run a whole cycle as a community, the aim is simple: create easy, human moments where people feel seen and heard.

And you don't have to do it alone.

Schools can share Herman with the parish SVP, or local SVP project; Parishes and Conferences can partner with their school or local SVP project.

Small exchanges like these help our communities feel a little more connected and cared for.



What you will need:

- 460g plain white (all purpose flour)
- 500ml warm milk
- 230g sugar
- 90ml warm water
- 2 tbsp easy bake yeast
- To print off page 3 and 4 back to back to give to people along with Herman on day 9

How to make your first Herman

Mix all the ingredients together in a large bowl, cover loosely with a clean tea towel (it will need the wild yeasts in the air to stay alive), and place in a warm place.

Once you have your starter, follow the instructions on the next page.





HERMAN THE FRIENDSHIP CAKE

Herman is a sourdough cake. He supposed to sit on your worktop for 10 days without a lid on. You CANNOT put me him in the fridge or he will die. If he stops bubbling, he has died.

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

Day 2: Stir well (as you do tell me your best jokes)

Day 3: Stir well (as you do tell me about all the people you love)

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

Day 5: Stir well (as you do tell me all about your earliest memory)

Day 6: Stir well (as you do sing me a song)

Day 7: Stir well (as you do tell me about all the things that make you smile)

Day 8: Stir well (today I need to laugh tell me some more jokes!)

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 the instructions on page 3 & 4. Keep the fourth portion. and follow the instructions below.

Day 10: Now you are ready to make the cake. Stir well and add the following or add whatever you like really 😊

- 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

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. You may need to cover in tin foil and bake for a further 20 minutes to make you're your Herman is done in the middle. When cold cut into finger pieces. The cake freezes well and is also delicious warm with cream or ice-cream.

Hello, my name is Herman, the German friendship cake.

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.

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