

## Herman Cake Starter

I included this recipe because I thought you should try it. In the 60's "Herman" was very popular and jars of "Herman" were passed around along with his recipe. This sour dough mixture can be used in waffles and pancakes.

### STARTER FOR HERMAN

2 cups all-purpose flour  
2 cups warm water (110 to 115 degrees)  
1 pkg. ( 3/4 Tb.) dry yeast

#### DAY 1

1/2 cup sugar  
1 cup milk  
1 cup all-purpose flour

#### DAY 5

1/2 cup sugar  
1 cup milk  
1 cup all-purpose flour



In a large mixing bowl with lid, combine flour, water and yeast, until well blended. Cover mixture with towel and place in a warm, draft-free, place, overnight.

Day 1: Put half of the starter ( 1 cup) in a pint jar with a tight lid and keep it in the refrigerator for future use. It lasts for months. To the second (1 cup) of starter add sugar, milk, and flour. Cover mixture with lid and refrigerate.

Day 2 to Day 4: Stir starter, cover and refrigerate, daily.

Day 5: Stir starter, add more sugar, milk and flour; cover and refrigerate.

Day 6 to Day 9: Stir starter, cover and refrigerate, daily.

Day 10: You now have "Herman" ! Use (1 cup) of "Herman" to start another cake. Give (1 cup) away and his recipes. Use the remaining (2 cups) for your "Herman Cake".

Note: You now have a sour dough mixture. Make two "Herman Cakes", using all of the mixture. Freezing one cake and serving the other. You still have that (1 cup) of starter in the refrigerator to start up a new batter in the future.