

■ Start Your Own Hermann Circle ■

Perhaps you have heard stories about Hermann from Germany — the sweet friendship cake starter that was lovingly passed from neighbor to neighbor. Maybe you want to begin your own Hermann circle and create a new tradition with family and friends.

Starting Hermann from scratch takes a little patience, but that is part of the charm. Over the next several days, your kitchen will slowly come alive with bubbles, warmth, and the comforting smell of home baking.

■ Starting Hermann from Scratch

In a large bowl, combine:

2 cups flour
1 cup sugar
2 cups milk
1 packet active dry yeast

Mix well until smooth. Cover loosely with a clean towel or lid and leave on the kitchen counter at room temperature.

■ Daily Care

Stir Hermann once each day with a wooden spoon. The mixture will slowly begin to bubble and ferment. This is perfectly normal and part of Hermann's old-fashioned charm.

■ After 5 Days

Feed Hermann with:

1 cup flour
1 cup sugar
1 cup milk

Stir well and continue daily stirring for another 5 days.

■ Baking Your Hermann Bundt Cake

After 10 days, use one portion to bake:

2 cups flour

1 cup sugar

1 cup milk

1/2 cup melted butter or oil

3 eggs

2 tsp baking powder

Vanilla and optional cinnamon, apples, raisins, nuts, or chocolate chips.

■ Baking Instructions

Bake in a greased 10–12 cup Bundt pan at 350°F (175°C) for 45–55 minutes. Let cool before serving.

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Once your Hermann is active and bubbly, divide it into portions and share it with friends and neighbors along with these instructions. A little starter can become a beautiful tradition of baking, sharing, and gathering around the table.