Posted on 30 December 2012

by Joyce Milne

10 Day Friendship Cake



Ingredients

Ingredients for the ‘starter’ batch
5oz plain flour
8oz castor sugar
1 packet of active dry yeast (about 3 teaspoons)
Half a pint of warm milk .. only lukewarm, too hot and the yeast will not activate
2 fl oz. lukewarm water
Ingredients for day 4 and day 9
115 g plain flour 225 g granulated sugar 235 ml milk.
Final ingredients
 225 g plain flour 225 g caster sugar 2 eggs 2 tsp vanilla essence 2 heaped tsp cinnamon 2 heaped tsp baking powder 1 tsp salt 160 ml vegetable or sunflower oil 2 cooking apples, peeled, cored, and either cut into chunks or grated 100 g walnuts or almonds (optional) 200 g raisins or sultanas (optional)

Preparation

1. Dissolve the yeast in warm water for 10 minutes and stir.
2. Add the flour and sugar then mix thoroughly.
3. Slowly stir in the warm milk.
4. Cover the bowl in a clean cloth.
5. Leave resting for 24 hours DO NOT PUT IN FRIDGE
6. Now proceed from day one of the 10-day cycle.
7. NOTE This is a sour dough cake and it needs to be kept on your worktop for ten days without a lid on. It
8. will die if you put it in the fridge!... If it stops bubbling it will have failed.
9. Day 1
10. You get your bowl of goo today. . . Take the lid off and place in a mixing bowl capable of holding 2 litres
11. and cover with a tea towel.
12. Day 2
13. Stir well.
14. Day 3
15. Stir well.
16. Day 4

Add the following ingredients:

115 g plain flour

225 g granulated sugar

235 ml milk.

Then stir well and cover up again with the tea towel.

Day 5

Stir well.

Day 6

Stir well.

Day 7

Stir well.

Day 8

Stir well.

Day 9

Add the same ingredients as day 4 and divide into four equal portions, put the four portions into small

bowls or cups, and give 3 away to friends, along with a copy of these instructions.

Your one batch of the friendship cake stays with you and will be ready to be baked tomorrow. Take the

lid off and place in a mixing bowl capable of holding 2 litres and cover with a tea towel.

Day 10

Stir well and add the following ingredients:

225 g plain flour

225 g caster sugar

2 eggs

2 tsp vanilla essence

2 heaped tsp cinnamon

2 heaped tsp baking powder

1 tsp salt

160 ml vegetable or sunflower oil

2 cooking apples, peeled, cored, and either cut into chunks or grated

100 g walnuts or almonds (optional)

200 g raisins or sultanas (optional)

Mix everything together and place into a greased baking tin or loaf tin.

Sprinkle with 50 g brown sugar and 50 g melted butter.

50 Bake for 45 minutes at 350F, 175C, Gas Mark 4. Every oven is different, so keep an eye on it, test with a

51 toothpick.

52 This cake is delicious served warm with cream, custard or ice cream.

Cooks Note

The first time its made, you make the starter, and this gives you one batch (which is like a small amount
of gooey bubbly gunk) to make your own cake, and three cupfulls to pass on with the instructions to make
your own. (or keep one of these to start the process all over again). After someone gets the friendship
cake starter they follow the instructions and every so many days they add sugar, flour and milk. On the
10th day, the growing mixture is separated into four portions; one to bake with and three to share – and so
the cycle goes on.