

He  
re  
are  
the  
Hermans

## ingredients

100g flour (type 405), one tablespoon sugar,  
half a packet of dry yeast, 200 ml lukewarm  
water

to feed the dough (twice):

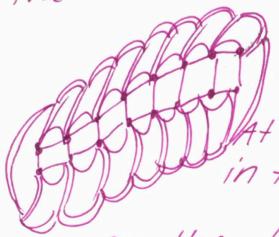
100g flour, 150 g sugar, 150 ml milk of choice



Start the dough:

Sift the flour into a large, sealable plastic bowl (not metal). Add sugar and dry yeast, then pour in the water and stir all ingredients together with a wooden spoon until a smooth dough forms.

Close the bowl and let the dough sit in a warm place for two days. Stir daily. Afterward, put the Hermann dough in the fridge for 24 hours.

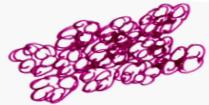


Feeding the dough:

At this point, the Hermann dough is in the state you should receive it in.

On the first day, it needs to rest in the fridge.

On the second to the fourth day, the dough needs to be stirred once a day. Then always



close the lid again and put it back in the fridge. It's important that the lid is closed so no air comes in contact with the dough.



on the fifth day, feed the dough:

Stir 100g of flour, 150 g of sugar and 150 ml of milk into the dough with a wooden spoon. Close the bowl and put it back in the fridge.

From the sixth to ninth day, stir the dough once daily again.



on the tenth day, feed the Hermann dough a second time with 100g of flour, 150 g of sugar and 150 ml of milk.

After that, divide the dough into four equal portions:

one can be used for baking\* the second part can be fed again

and the other two parts can be given away

\* there are many different recipes (online) that you can follow for baking the dough.