

Apple Pear Upside Down Cake

Author: *Simply Recipes blog*



CARAMEL & FRUIT:

2 tablespoons unsalted butter, at room temperature

1/2 cup sugar

2 whole apples, peeled, cut in 2 slices *see notes for apple types

2 whole pears, peeled, cut in 2 slices

CAKE:

3/4 cup flour

1/2 teaspoon salt

2 teaspoons baking powder

1/3 cup cornmeal, polenta type, fine grind

1/2 cup boiling water

1/2 cup unsalted butter, at room temperature

1 teaspoon vanilla extract

2 large eggs

1/3 cup whole milk

Serving Ideas: Serve with lightly sweetened whipped cream or vanilla ice cream.

Blog: Carolyn T's Blog:

<http://tastingspoons.com>

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Per Serving (excluding unknown items): 311 Calories; 16g Fat (46.6% calories from fat); 4g Protein; 38g Carbohydrate; 3g Dietary Fiber; 93mg Cholesterol; 281mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1 Fruit; 0 Non-Fat Milk; 3 Fat; 1 Other Carbohydrates.

*Carolyn T's
Main Cookbook*

Servings: 8

Notes: You need to use the high-sided pan - otherwise the cake will overflow. May also be made with just apples or just pears. For the apples, use Braeburn, Jonagold, or Golden Delicious. Granny Smith may be too juicy for this cake.

Description: From Simply Recipes (blog)

1. Preheat oven to 350.
2. Butter sides of a 9-inch diameter taller-type cake pan (1 1/2 inch sides) and butter the sides. Line the pan with a 10-inch round of parchment paper. The paper will come up the sides of the pan by 1/2 inch. Butter the parchment paper.
3. Prepare the fruit - peel, core, then cut each quarter into 2 pieces (or 3 pieces if the fruit is particularly large).
4. CAMEL: Melt butter in a non-stick skillet (large enough to hold all the fruit too) on medium heat. Add the sugar and cook until sugar dissolves and mixture turns golden brown, stirring occasionally (using a wooden or silicone spoon), about 6 minutes. Add the apple and pear wedges to the pan and gently stir to distribute evenly within the fruit. Cover the pan and cook until fruit has released all of its juices, about 5 minutes. Uncover and cook until fruit is tender and the caramel thickens and coats the fruit, stirring occasionally, between 5-10 minutes. Pour fruit and caramel into parchment lined pan. Level the fruit and rearrange pieces to fill any edges.
5. Whisk together the flour, salt and baking powder in a small bowl and set aside. Place cornmeal in a large mixing bowl. Pour in the boiling water and stir to combine. Add sugar and butter to the cornmeal. Beat until well blended. Add vanilla and eggs, then add flour mixture alternately with milk. Pour batter over the fruit in the cake pan and gently smooth out to the edges.
6. Bake until the top is golden brown and a tester inserted into the very center comes out clean, about 40-45 minutes. Cool cake in pan for 5 minutes, then invert cake onto a large cake plate and remove parchment paper. Cool for 15 minutes before serving. May be stored at room temperature for one day, but after that refrigerate.