

Apple (or pear) upside down cake

Adapted from 'Mom's pear skillet cake' in Eat Good Food by Sam Mogannam and Dabney Gough

This cake is especially good cooked in a cast iron skillet.

Topping ingredients (initially at the bottom of the cake tin!)

1/2 cup (115g) coconut oil or butter

1/2 cup packed brown sugar, or 1/2 cup sugar

2-4 apples (or pears), any variety, cut into thin slices

Cake ingredients

1 apple or pear, grated

3 eggs

1 1/2 cup flour

1 teaspoon baking soda

2 teaspoons cinnamon

1/2 teaspoon salt

1/2 cup melted butter or coconut oil, cooled

3/4 cup sugar

Preheat oven to 180 degrees Celsius.

STEP 1: Topping- this goes in the bottom of the cake tin, and the cake batter goes on top. When you flip the cake to get it out of the tin, the topping and apple slices will then be on top!

1. Grease cake tin(s) with coconut oil or butter.
2. Melt the coconut oil or butter in a small saucepan. Pour the oil or butter into the cake tin.
3. Sprinkle the sugar over the melted oil or butter.
4. Arrange the apple or pear slices on top of the sugar.

STEP 2: Cake

1. In a large bowl, stir together flour, cinnamon, baking soda, and salt.
2. In another bowl, whisk the sugar into the melted coconut oil or butter, then whisk in eggs one at a time. Stir in the grated apple.
3. Add oil/egg mixture to the flour mixture and stir gently just to combine.
4. Spoon the cake batter into the cake tin to cover the topping ingredients.
5. Cook for 30-35 minutes or until cake batter is cooked through and golden on top. Let cool for a few minutes, then invert to remove from cake tins and cut to serve.

*IN GARDEN TO TABLE MAKE TWO CAKES, WITH HALF THE COCONUT OIL BUTTER, HALF THE SUGAR, HALF THE APPLE SLICES AND HALF THE CAKE BATTER IN EACH CAKE TIN. TWO SMALLER CAKES WILL COOK FASTER THAN ONE LARGER CAKE.