

UPSIDEDOWN APPLE GINGERSPICE CAKE

Ingredients

5 Tablespoons Butter
1 Cup A.P. Flour
1 Cup Riverplains Farm Spelt Flour
1 ½ teaspoons Kosher Salt
2 teaspoons Ground Cinnamon
¼ teaspoon Ground Ginger
¼ teaspoon Ground Clove
1 teaspoon Baking Soda
½ teaspoon baking Powder
¾ Cup Golden Syrup (light Molasses or Treacle)
1 large Egg
2 teaspoons grated fresh Ginger
½ Cup Sugar, divided
1/3 Cup Sour Cream
¼ Cup Milk
3 Cooking Apples

Directions

Oven 350F

Melt Butter in an oven-proof skillet (cast iron works well) and set aside. Combine dry ingredients in a mixing bowl. In a separate bowl whisk together Golden Syrup, Egg, fresh Ginger and ¼ Cup Sugar. Whisk in Sour Cream, then Milk. Add to dry ingredients and mix well, then add 3 Tablespoons of melted Butter and combine.

Cut 3 sides from each Apple from top to bottom, leaving a triangular core. (reserve these to make Apple Caramel sauce!) Add remaining ¼ Cup Sugar to the melted Butter in skillet and cook over moderate heat until copper-colored, about 2 or 3 minutes. Add Apple sections skin side down and cook for a couple minutes and then turn over to cook for a further few minutes until slightly soft. (Figure 1)

Pour cake batter over the Apples and then place on the middle rack in oven for 30- 40 minutes and a toothpick or cake tester comes out cleanly.

Let the cake cool in the skillet for 10 minutes or so and then carefully invert onto a cake platter to serve with Apple caramel sauce.