



Martha Stewart's Fruit Desserts:

Apple Honey Upside-Down Cake

 1,5h  2 Servings

We've adapted this recipe from the "Martha Stewart's Fruit Desserts" cookbook. Granny Smith apples are tart and hold their crispness after baking. The tartness is ideal for this decorative upside-down cake sweetened with honey and topped with luscious homemade caramel sauce. Move over pie, not only is this cake delicious, but it's a stunning addition to your Thanksgiving table! (2p serves 8; 4p serves 12)

What we send

- 10 oz all-purpose flour ¹
- ¼ oz baking powder
- 3 (½ oz) honey
- 10 oz granulated sugar
- 8 oz milk ⁷
- 2 Granny Smith apples
- ¼ oz Chinese five spice
- 3 (1 oz) sour cream ⁷
- 2½ oz confectioners sugar

What you need

- neutral oil
- kosher salt
- 2 large eggs ³
- ½ c melted unsalted butter & 4 Tbsp cold unsalted butter ⁷
- vanilla extract

Tools

- 9-inch cake pan
- small saucepan

Cooking tip

If you don't have a 9-inch cake pan: make the caramel sauce in a medium (10-inch) cast-iron skillet following the instructions in step 3, then assemble and bake the cake directly in the skillet.

Allergens

Wheat (1), Egg (3), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 450kcal, Fat 21g, Carbs 63g, Proteins 5g



1. Prep ingredients

Preheat oven to 350°F with a rack in the center. **Oil** a 9-inch cake pan.

In a medium bowl, combine **1½ cups flour, all of the baking powder, and 1 teaspoon salt**.

In a 2nd medium bowl, whisk to combine **all of the honey, ⅔ cup granulated sugar, ⅓ cup milk, 2 large eggs, ½ cup melted butter, and 2 teaspoons vanilla extract**.



4. Bake cake

Decoratively arrange layers of **apple** over **caramel**. Spread **batter** evenly over apples. Bake cake on center oven rack until top springs back when lightly touched, and a toothpick inserted into the center of cake comes out clean, 45-55 minutes. Remove from oven and allow to cool for 5 minutes.



2. Make batter & prep apples

Whisk **egg mixture** into **flour mixture** until just combined; set cake batter aside until step 4.

Peel **apples**, then quarter; discard cores. Cut each quarter into ½-inch thick wedges.



5. Whip sour cream

In a small bowl, combine **all of the chilled sour cream and 2 tablespoons confectioners' sugar**. Whisk rapidly until sour cream forms medium peaks.



3. Make caramel

In a small saucepan, combine **⅔ cup granulated sugar** with **3 tablespoons water**; set over high heat. Cook, swirling saucepan occasionally (do not stir), until sugar is deep amber, about 5 minutes (watch closely). Remove from heat, then stir in **half of the Chinese five spice, 4 tablespoons cold butter, and 1 teaspoon salt**. Pour **caramel** into prepared cake pan.



6. Finish & serve

Once **cake** has rested for 5 minutes, loosen edge with a knife. Place a serving plate directly on top of the cake pan. Use oven mitts to carefully flip pan upside down to invert cake onto plate. Serve **cake** warm, or at room temperature, with **whipped sour cream** on the side. Enjoy!