Idiot's Kitchen Recipe – Pineapple Upside-Down Cake

Recipe from *The Gift of Southern Cooking* by Edna Lewis & Scott Peacock

www.idiotskitchen.com

Ingredients:

2 Sticks of Unsalted Butter – ¾ stick for the sugar syrup and 1 stick melted for the cake batter
1 ½ Cups Dark Brown Sugar
1 – 12 ounce Can Pineapple Rings in their juice
1 ½ Cups Cake Flour
2 teaspoons Baking Powder
¼ teaspoon Salt
½ cup white, granulated sugar (regular white table sugar)
1 egg
½ Cup Whole Milk
1 teaspoon Real Vanilla Extract
Whipped Cream (optional)

Pre-heat the oven to 400 degrees.

Melt 6 tablespoons of butter in a 9-10 inch cast iron skillet. (If you do not have a cast iron skillet, melt the butter in a sauce pan and bake the cake in any 9-10 inch cake or pie pan with high sides.)

Add 1 ½ cups brown sugar and stir to dissolve. Add ½ cup of the pineapple juice that has been strained from the rings. Simmer over medium-low heat for one minute to create syrup. Remove from heat and set aside.

Sift 1 ½ Cups Cake Flour into a large mixing bowl. Add 2 teaspoons baking powder, ¼ teaspoon salt, ½ cup white granulated sugar. Whisk thoroughly to combine.

In a separate bowl, lightly beat one egg. Add ½ cup milk and 1 teaspoon vanilla. Melt 1 stick (8 Tablespoons) of butter and add it to the wet ingredients. Mix well to combine.

Add the wet ingredients to the dry ingredients and whisk together just until smooth.

Arrange pineapple slices in a layer on the bottom of the pan of sugar syrup. Break any slices that won't fit into smaller pieces and work them around the edges, until you've used all the pineapple.

Pour the cake batter over the pineapple and syrup mixture in the cast iron pan. Gently spread the batter over the top and to the edges of the pan.

Bake in a 400 degree oven 20-25 minutes until golden brown and a toothpick inserted in the center comes out clean.

Let cake rest and cool for 5 minutes in the pan.

Put a large serving plate over the pan and carefully invert the cake Upside-Down.

Serve with whipped cream.