

Apricot Upside-Down Skillet Cake

Dash Magazine - June 2014
dashrecipes.com

Yield: 1 eight-inch cake

12 tablespoons (1-1/2 sticks
unsalted butter, divided
1/4 cup apricot preserves
1/2 cup brown sugar
15 to 20 small apricots, split
lengthwise and seeded
2/3 cup yellow cornmeal
1/2 cup all-purpose flour
1 teaspoon baking powder
1 teaspoon salt
1/2 cup granulated sugar
2 large eggs, at room temperature
1/2 cup milk
1 teaspoon pure vanilla extract
whipped cream or vanilla ice cream
(optional) (for serving)

Preparation Time: 2 minutes

Preheat the oven to 350 degrees.

In an eight-inch cast-iron skillet over medium-high heat, melt six tablespoons of butter until the foam subsides. Then add the apricot preserves, whisking or mashing with a fork until evenly combined. Sprinkle the brown sugar over the top in an even layer. Arrange the apricots on top, cut side down. Cook, undisturbed, for 3 minutes. Let cool completely, about 30 minutes.

Meanwhile, in a small bowl, whisk the cornmeal, flour, baking powder and salt. In a separate bowl, using a mixer, beat the remaining six tablespoons of butter and the granulated sugar on medium speed until pale and fluffy, about 3 minutes. Beat in the eggs, one at a time, scraping the bowl between each addition, then mix in the milk and vanilla. Reduce the speed to low, then beat in the cornmeal mixture in two batches.

Drop the batter evenly over the apricots, smoothing the top with a spatula or the back of a spoon (melted butter mixture will rise around the sides).

Bake until golden brown around the edges and a toothpick inserted into the center comes out clean, 28 to 30 minutes.

Place an inverted serving platter over the skillet, then, wearing oven mitts, invert the skillet and platter. Remove the skillet. Let cool slightly.

Serve with a dollop of whipped cream or a scoop of vanilla ice cream.

Start to Finish Time: 1 hour 30 minutes

Per Serving (excluding unknown items): 11402 Calories; 1120g Fat (86.5% calories from fat); 43g Protein; 349g Carbohydrate; 9g Dietary Fiber; 3421mg Cholesterol; 3039mg Sodium. Exchanges: 8 Grain(Starch); 1 1/2 Lean Meat; 1/2 Non-Fat Milk; 222 1/2 Fat; 15 Other Carbohydrates.

Per Serving Nutritional Analysis

| | | | |
|---------------------------------------|-------------|----------------------------|--------|
| Calories (kcal): | 11402 | Vitamin B6 (mg): | .5mg |
| % Calories from Fat: | 86.5% | Vitamin B12 (mcg): | 3.4mcg |
| % Calories from Carbohydrates: | 12.0% | Thiamin B1 (mg): | 1.3mg |
| % Calories from Protein: | 1.5% | Riboflavin B2 (mg): | 1.7mg |
| Total Fat (g): | 1120g | Folacin (mcg): | 260mcg |
| Saturated Fat (g): | 693g | Niacin (mg): | 9mg |
| Monounsaturated Fat (g): | 324g | Caffeine (mg): | 0mg |
| Polyunsaturated Fat (g): | 43g | Alcohol (kcal): | 0 |
| Cholesterol (mg): | 3421mg | % Refused: | 0.0% |
| Carbohydrate (g): | 349g | | |
| Dietary Fiber (g): | 9g | | |
| Protein (g): | 43g | | |
| Sodium (mg): | 3039mg | | |
| Potassium (mg): | 1217mg | | |
| Calcium (mg): | 906mg | | |
| Iron (mg): | 13mg | | |
| Zinc (mg): | 4mg | | |
| Vitamin C (mg): | 8mg | | |
| Vitamin A (i.u.): | 42807IU | | |
| Vitamin A (r.e.): | 10504 1/2RE | | |

Food Exchanges

| | |
|-----------------------------|---------|
| Grain (Starch): | 8 |
| Lean Meat: | 1 1/2 |
| Vegetable: | 0 |
| Fruit: | 0 |
| Non-Fat Milk: | 1/2 |
| Fat: | 222 1/2 |
| Other Carbohydrates: | 15 |

Nutrition Facts

| | |
|---------------------------------|-------------------------|
| Amount Per Serving | |
| Calories 11402 | Calories from Fat: 9867 |
| | % Daily Values* |
| Total Fat 1120g | 1723% |
| Saturated Fat 693g | 3466% |
| Cholesterol 3421mg | 1140% |
| Sodium 3039mg | 127% |
| Total Carbohydrates 349g | 116% |
| Dietary Fiber 9g | 38% |
| Protein 43g | |
| Vitamin A | 856% |
| Vitamin C | 14% |
| Calcium | 91% |
| Iron | 72% |

* Percent Daily Values are based on a 2000 calorie diet.