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# Caramel Apple Cake

*The Essential Southern Living Cookbook*

Preparation Time: 20 minutes

Start to Finish Time: 2 hours 20 minutes

## CAKE

**1 1/3 cups firmly packed light brown sugar**

**3/4 cup butter, softened**

**3 large eggs**

**1 teaspoon vanilla extract**

**2 cups all-purpose flour**

**1 teaspoon baking powder**

**1 teaspoon table salt**

**1 teaspoon ground cinnamon**

**1/2 teaspoon baking soda**

**3/4 cup buttermilk**

**shortening (for greasing the pan)**

## APPLES

**2 pounds (about six) MacIntosh apples**

**1/2 cup firmly packed light brown sugar**

**1 teaspoon cornstarch**

**1/4 teaspoon ground cinnamon**

**pinch table salt**

**2 tablespoons butter**

**Apple Brandy-Caramel Sauce (see recipe under "Sauces/ Cooking")**

Prepare the cake: Preheat the oven to 350 degrees.

In a heavy-duty electric stand mixer, beat the brown sugar and butter on medium speed until light and fluffy. Add the eggs, one at a time, beating just until blended after each addition. Stir in the vanilla.

In a medium bowl, whisk together the flour, baking powder, salt, cinnamon and baking soda. Add the flour mixture to the sugar mixture alternately with the buttermilk, beginning and ending with the flour mixture. Beat just until blended after each addition. Spread the batter in a greased (with shortening) and floured 9 x 2-inch round cake pan.

Bake in the preheated oven until a wooden pick inserted in the center comes out clean, about 50 minutes, shielding with aluminum foil after 35 minutes to prevent excessive browning. Cool in the pan on a wire rack for 10 minutes. Remove from the pan. Cool completely.

Meanwhile, Prepare the apples: Cut the apples into 1/2-inch-thick wedges. In a bowl, toss together the apples, brown sugar, cornstarch, cinnamon and baking soda.

In a large skillet over medium-high heat, melt two tablespoons of butter. Add the apple mixture. Cook, stirring often, until golden, about 5 minutes. Cool.

Arrange the apples over the cooled cake. Drizzle with warm Apple Brandy-Caramel Sauce. Serve with the remaining sauce.

Yield: 8 to 10 servings

## Dessert

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*Per Serving (excluding unknown items): 4175 Calories; 180g Fat (38.3% calories from fat); 53g Protein; 600g Carbohydrate; 8g Dietary Fiber; 1077mg Cholesterol; 5647mg Sodium. Exchanges: 13 Grain(Starch); 2 1/2 Lean Meat; 1/2 Non-Fat Milk; 33 1/2 Fat; 26 Other Carbohydrates.*