

## Dessert

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# Maple Pear Upside-Down Cake

Food Network Magazine

**Servings: 8**

**Preparation Time: 40 minutes**

**Start to Finish Time: 1 hour 35 minutes**

**1 stick + 2 tablespoons unsalted butter, at room temperature**

**unsalted butter (for the pan)**

**3 (about 1-1/2 pounds) firm-ripe Bosc pears, peeled and sliced into 8 wedges each**

**1 tablespoon + 1 teaspoon fresh lemon juice**

**1 1/4 cups granulated sugar**

**2 tablespoons water**

**2 1/4 cups all-purpose flour**

**1 teaspoon baking powder**

**3/4 teaspoon baking soda**

**1/2 teaspoon salt**

**1/4 teaspoon ground cardamom**

**1/2 cup whole milk**

**1/4 cup sour cream**

**1 teaspoon maple extract**

**1/2 cup maple sugar**

**2 large eggs, at room temperature**

Preheat the oven to 350 degrees. Butter the bottom and side of a nine-inch round cake pan.

In a large bowl, toss the pear wedges with one tablespoon of lemon juice. Set aside.

In a medium skillet over medium heat, bring 3/4 cup of granulated sugar, the water and the remaining one teaspoon of lemon juice to a simmer, stirring occasionally. Simmer, without stirring, until amber, 6 to 7 minutes. Remove from the heat. Stir in two tablespoons of butter. Pour the caramel into the prepared pan, tilting to coat the bottom. Let cool, then top with the pears in a circular pattern.

In a medium bowl, whisk the flour, baking powder, baking soda, salt and cardamom. In a large liquid measuring cup, combine the milk, sour cream and maple extract. Stir until smooth.

In a large bowl, beat the remaining one stick of butter, 1/2 cup granulated sugar and the maple sugar with a mixer on medium-high speed, scraping down the bowl occasionally, until light and fluffy, 3 to 5 minutes. Beat in the eggs one at a time.

Reduce the mixer speed to medium and beat until thickened, about 1 minute. Reduce the mixer speed to low. Add the flour mixture in three batches, alternating with the milk mixture in two batches. (The batter may look slightly curdled; keep beating and it will smooth out.)

Pour the batter into the pan over the pears and smooth over the top. Bake until the cake is a deep golden brown and a toothpick inserted into the center comes out clean, 55 to 65 minutes.

Transfer to a rack and let cool 20 minutes in the pan. Run a thin knife around the edge of the cake to loosen. Invert onto a serving plate and let cool completely.

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Per Serving (excluding unknown items): 434 Calories; 15g Fat (30.8% calories from fat); 6g Protein; 70g Carbohydrate; 1g Dietary Fiber; 89mg Cholesterol; 345mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 3 Fat; 2 1/2 Other Carbohydrates.