

Caramelized Apple Gingerbread

Source: From Sarah, at Our House South County

Carolyn T's
Cookbook

Servings: 10



POACHED APPLES:

6 whole apples, baking type - Pippin or Granny Smith

1/2 cup sugar

1 teaspoon vanilla

CARAMEL SAUCE:

4 tablespoons butter

1/2 cup corn syrup

1/2 cup brown sugar

GINGERBREAD:

6 tablespoons unsalted butter, softened

1/2 cup sugar

1 large egg

2/3 cup dark molasses

2 cups all-purpose flour

2 teaspoons baking powder

1/2 teaspoon baking soda

1 1/2 teaspoons ground cinnamon

2 teaspoons ground ginger

3/4 cup sour cream

Categories: Desserts, Holiday

Carolyn T's Blog:

<http://tastingspoons.blogspot.com>

Per Serving (excluding unknown items): 499 Calories; 16g Fat (28.4% calories from fat); 4g Protein; 88g Carbohydrate; 3g Dietary Fiber; 60mg Cholesterol; 256mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1 Fruit; 0 Non-Fat Milk; 3 Fat; 3 1/2 Other Carbohydrates.

Notes: Ideally you should serve this cake when it's warm. If you want to make it earlier in the day, leave it in the cake pan once you take it from the oven. Once cool cover with foil, then when you're ready to serve it, gently reheat for about 10-15 minutes at 250°, then invert onto the serving platter as indicated. This cake is not as sweet as you might think. Be sure to cook the apples until they're almost falling apart because they do retain their shape in the cake pan and don't cook much more.

Description: Poached apples, gingerbread and caramel? What's there not to like?

Preparation Time: 30 minutes

Start to Finish Time: 1 hour 45 minutes

1. Preheat oven to 350°.

2. POACHED APPLES: Peel, core and halve the apples, then place in a large stock-pot style pan large enough to hold all of them in one layer. Add sugar, vanilla and water to cover them. Bring to a boil over medium-high heat, reduce heat and simmer until apples are just beginning to soften, but barely still retain their shape, about 8-10 minutes. If using Granny Smith apples, it may take longer. With a slotted spoon, remove apples from poaching liquid and reserve.

3. CARAMEL SAUCE: Melt butter in a 9-inch nonstick round cake pan on a very low burner. Add the corn syrup and brown sugar. Stir with a wooden spoon until sugar is completely melted, then remove from heat. Gently turn the apple halves flat side down on top of the caramel mixture.

4. GINGERBREAD: Cream butter and sugar with mixer. Add the egg and mix completely. Add molasses and mix in completely. Meanwhile, sift together the flour, baking powder and soda, cinnamon and ginger. Add the dry ingredients and sour cream alternately to the butter/sugar mixture until mixed in thoroughly. Pour this over the apples and level with a spatula. Place cake pan on the center rack in the oven and bake for 50 minutes to one hour. When a toothpick comes out clean, remove from oven and cool on a rack for 10-15 minutes.

5. Serving: Invert cake onto a serving platter and top each slice with lightly sweetened whipped cream.