

Lemon Upside-Down Cake

Author: Adapted from *Luscious Lemon Desserts*, by Lori Longbotham (read on AZ Cookbook blog)



Servings: 10

LEMON LAYER:

3 medium lemons, Meyers (see notes if using other lemons)

1/4 cup unsalted butter (1 1/2 sticks) at room temperature

1/4 cup packed light brown sugar

CAKE:

1 1/2 cups all-purpose flour

2 teaspoons baking powder

1/4 teaspoon salt

1/2 cup unsalted butter

1 cup granulated sugar

3 tablespoons lemon zest, finely grated

2 large eggs, separated

1/4 teaspoon vanilla extract

1/2 cup milk

Per Serving (excluding unknown items): 316 Calories; 15g Fat (42.7% calories from fat); 4g Protein; 43g Carbohydrate; 1g Dietary Fiber; 81mg Cholesterol; 176mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 3 Fat; 1 1/2 Other Carbohydrates.

The sweet and tart flavor is addicting. Definitely serve with whipped cream on top/side.

This recipe abounds around the internet, so I don't know who originated it. There are very minor differences in nearly every recipe I read. But this one came from a blog I read regularly, AZ Cookbook. If you use regular lemons (rather than the Meyers, which are sweeter) you may want to use more brown sugar in the lemon layer (I suggest 2 more tablespoons). If you taste it just when you're serving it - have a bowl of sugar nearby - and it's too tart, just sprinkle the top of the cake with some granulated sugar. Powdered sugar would dissolve, so don't use that. It's important to slice the lemons VERY thinly. Do not use any slices that aren't fully round as they'll disintegrate when cooking them.

From Carolyn T's Food Blog, Tasting Spoons: <http://tastingspoons.com>

1. Position a rack in the middle of the oven and preheat the oven to 350F.
2. Trim the ends from the lemons and cut the fruit into slices 1/8 inch thick with a very sharp knife or a mandoline. Discard any seeds.
3. Melt 1/4 cup of the butter with the brown sugar in an ovenproof, non-stick 10-inch skillet over medium heat. Add the lemon slices, increase the heat to high, and boil, stirring, for 1 minute. Remove the skillet from the heat and arrange the slices in an orderly pattern in the bottom of the skillet.
4. Sift the flour, baking powder, and salt together into a medium bowl.
5. Beat 1/2 cup of butter with an electric mixer on medium speed in a large bowl until light and fluffy. Add the granulated sugar and zest and beat, scraping down the side of the bowl until light and fluffy. Add the egg yolks and vanilla and beat just until blended. Reduce the speed to low and add the flour mixture alternatively with the milk, scraping down the side of the bowl after each addition and beating just until blended.
6. Beat the egg whites with clean beaters on medium speed in a large bowl until stiff peaks form. Add one quarter of the whites to the batter and fold in using a whisk or a rubber spatula. Continue to gently fold in the remaining whites, one quarter at a time, being careful no to overmix. The cake batter is a bit stiff, so be gentle as you add in the whipped whites.
7. Pour the batter over the lemon slices and gently smooth the top with a rubber spatula. If you have trouble "pouring," spoon globs of the batter all over the lemon part and gently use your dampened finger to spread the batter to cover. The cake batter may not completely cover the lemon layer. Bake for 40 to 50 minutes, until the top is golden brown and a wooden pick inserted in the center comes out clean. Let cool in the pan on a wire rack for 10 minutes.
7. Loosen the edges of the cake with a rubber spatula all around, invert it onto a heat-proof serving platter, and leave the pan over the cake for 5 minutes. Remove the pan and serve the cake warm, cut into wedges, with more-than-usually sweetened whipped cream.