

Apple Pie Cake with a Brown Sugar and Rum Sauce

The English Kitchen blog, 2012



Servings: 7

NOTES: I have reduced the sauce quantity by half - if you want some left over, double it.

1. Preheat the oven to 350°F. Butter and flour a 9 inch pie dish very well. Set aside.

2. Cream the butter until light and fluffy. Gradually beat in the sugar and the egg. Combine the flour, salt, cinnamon and grated nutmeg. Stir into the creamed mixture, along with the water and vanilla. Stir until smooth. Stir in the chopped apple. Spoon the batter into the prepared pie dish. Smooth the top and then bake in the preheated oven for 45 minutes, or until a toothpick inserted into the centre comes out clean.

3. SAUCE: combine the two sugars, cream and butter in a small saucepan. Heat and stir over medium low heat until the butter is melted. Bring to the boil and allow to boil for one minute only. Remove from the heat, stir in the rum. Serve warm or at room temperature with the cake.

4. Cut the cake into wedges to serve. Top each wedge with some sauce and a dollop of whipped cream.

- 2 ounces butter, softened
- 1 cup sugar
- 1 large egg
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/2 teaspoon freshly grated nutmeg
- 1 cup all purpose flour, sifted
- 2 tablespoons hot water
- 1 teaspoon vanilla extract
- 3 large Granny Smith apples, peeled, cored and chopped (about 3 cups)
- SAUCE:
- 1/4 cup light brown sugar, packed
- 1/4 cup sugar
- 3 tablespoons butter, softened
- 1/4 cup heavy cream
- 1/2 tablespoon rum, or 1/2 tsp rum flavoring
- Whipped Cream, sweetened, to serve on top

Per Serving (excluding unknown items): 397 Calories; 16g Fat (35.1% calories from fat); 3g Protein; 62g Carbohydrate; 2g Dietary Fiber; 73mg Cholesterol; 287mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 0 Non-Fat Milk; 3 Fat; 2 1/2 Other Carbohydrates.

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