

Brown Sugar Cake

Author: Chef Maren Henderson



BROWN SUGAR LAYER:

1 cup heavy cream
1/2 pound unsalted butter, cut in several pieces
3/4 teaspoon salt
4 cups brown sugar, packed

CAKE BATTER

1 pound unsalted butter, cut in several pieces, softened
1 cup granulated sugar
1 tablespoon granulated sugar
1/2 cup brown sugar, packed
1 1/2 teaspoons vanilla
6 large eggs
1 cup almond meal (sold at Trader Joe's)
2 cups all-purpose flour
1 teaspoon salt
2 teaspoons baking powder
5 whole Granny Smith apple, peeled, seeded, sliced
1/2 gallon vanilla ice cream

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

Per Serving (excluding unknown items): 696 Calories; 39g Fat (48.9% calories from fat); 8g Protein; 83g Carbohydrate; 1g Dietary Fiber; 169mg Cholesterol; 312mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Fruit; 0 Non-Fat Milk; 7 1/2 Fat; 4 1/2 Other Carbohydrates.

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Carolyn T's
Internet
Cookbook

Servings: 21

Description: From the internet, Chef Maren Henderson

- 1. BROWN SUGAR LAYER:** place heavy cream, butter and salt in a large, heavy-bottomed saucepan. Bring to a boil on medium-high heat, stirring occasionally. Place 4 cups brown sugar in a large bowl. Pour hot cream mixture over brown sugar and whisk until smooth. Pour mixture into two pans (one 9x13 baking pan AND one 8-inch square pan. The height of the brown sugar layer should be the same in both pans. Allow to cool, then place in refrigerator until completely set, about 2 hours. Or, you may put them in the freezer just until it's completely chilled (not frozen).
- 2. CAKE LAYER:** Adjust oven rack to middle position. Preheat oven to 325. In a large bowl of electric mixer, beat the butter and all the sugar. Beat until light and fluffy. Add vanilla and mix until combined. Add eggs, one at a time, beating to combine between additions and scraping down sides of bowl with rubber spatula as needed.
- In a medium bowl combine almond meal, flour, salt and baking powder. Stir with a wire whisk to combine. Add dry mixture to butter-egg mixture and mix to combine. Use rubber spatula to scrape down sides and bottom of bowl at least once or twice.
- Using a large soup spoon, drop small mounds of batter at close intervals on top of chilled brown sugar layer. Use rubber spatula to GENTLY spread into an even layer. Try to fill in corners and edges with little dollops of batter rather than spreading. You may also use a pastry bag to pipe the batter on top of the layer too. Bake in oven for 50-53 minutes. Cake will be surrounded on sides and bottom with the caramelly brown sugar mixture. Some of the caramel may ooze over the pan during baking.
- 5. THE TRICKY PART:** You want to let the cakes sit until the brown sugar that surrounds the cake cools a little. You want it firm enough so it won't slide off, but warm and oozy enough to unlock the cake so it will unmold. Suggested: let the smaller cake cool for about 10 minutes and the larger cake 15 minutes. Cooling time will depend on your kitchen and the temp in your kitchen. Run a thin bladed knife around all sides of the cake. Place a baking sheet on top of each cake and using oven mitts, quickly but cautiously turn the pan over and set on your countertop. It may take 15-30 seconds for the caramel to release (if you're using glass pans you'll be able to see the cake come loose). Remove pans and allow cake to cool further. Some of the caramel will ooze over the cake edges. You may serve this relatively soon (while it's warm). If you allow it to cool, place pan in a 300 oven for 4-5 minutes to reheat the cake before serving with vanilla ice cream.
- 6. SERVING:** The chef who originated this recipe uses 2-inch round cutters to cut each serving (but then you'll have some waste, since the edges outside the rounds won't be serve-able. You may, alternatively, cut the cake into 3-inch squares.
- 6. APPLES:** Peel, seed and slice the apples in thin slices. Saute in a medium frying pan with a bit of butter (or water) until they're mostly cooked. Add a little bit of brown sugar and cinnamon to flavor them. Set aside and serve in a compote along side the cake. You may also serve the cake with grilled pineapple slices or cooked pears.