

Lemon Upside-Down Pudding Cake with Sliced Almonds

Carolyn T's
Main Cookbook
Servings: 8

Author: Dierbergs Home Economists Posted to MC-Recipe Digest by Jill & Joe Proehl on Apr 05, 1998



- 1/4 cup sliced almonds**
- 4 large eggs, separated**
- 1 cup sugar, divided**
- 3 tablespoons unsalted butter, softened**
- 3 tablespoons all-purpose flour**
- 1/8 teaspoon salt**
- 1/3 cup fresh lemon juice**
- 1 cup 2% low-fat milk**
- grated peel of 1/2 lemon**

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

Per Serving (excluding unknown items): 227 Calories; 10g Fat (37.9% calories from fat); 5g Protein; 31g Carbohydrate; trace Dietary Fiber; 120mg Cholesterol; 85mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 1 1/2 Fat; 1 1/2 Other Carbohydrates.
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Description: Similar to lots of pudding-cake recipes, but different - the almonds on the bottom also make them unusual.

1. Coat inside of 1 1/2-qt. glass casserole with butter-flavored cooking spray. Sprinkle almonds over bottom of casserole.
2. In medium bowl with electric mixer, beat egg whites at high speed until soft peaks form. Gradually add 1/4 c of the sugar, beating until stiff peaks form; set aside.
3. With same beaters in large bowl, beat together butter and remaining 3/4 c sugar.
4. With same beaters in small bowl, beat egg yolks well. Add to butter mixture, beating thoroughly. Add flour, salt, and lemon juice; beat well. Stir in milk and lemon peel until blended. Stir in 1/3 of the egg white mixture, then gently fold in remaining egg whites.
5. Pour batter into prepared casserole over almonds. Place casserole in shallow baking pan filled with 1 inch hot water. Bake uncovered, in 325 degree oven for 50 to 55 minutes, or until golden brown and top springs back when lightly touched with finger. Carefully remove from water and let set for 20 to 30 minutes. Serve chilled. Garnish each serving with lemon slices and fresh mint leaves if desired. .