Emily Luchetti's Fifty-Year Apple Cake

A Passion for Desserts by Emily Luchetti, adapted by Cheryl Sternman Rule at 5 Second Rule



Servings: 20

2 large eggs

1 cup granulated sugar

1 cup light brown sugar (packed)

2 teaspoons cinnamon

1/2 cup vegetable oil

1 1/2 pounds Fuji apples (about 4) or other variety, peels on, chopped (5-6 cups chopped apple)

2 cups all-purpose flour

2 teaspoons baking soda

1 teaspoon salt

1 cup cold (or even frozen) crumb topping from below

Powdered sugar, for sifting over (totally for show, totally optional)

1/2 cup chopped walnuts (in the original recipe, as well as raisins) optional

CHERYL'S CRUMB TOPPING (you'll use 1 cup of this for the above cake):

1 cup dark brown sugar, packed

1/2 cup granulated sugar

1/2 teaspoon salt

1 1/2 tablespoons cinnamon

1 cup unsalted butter, melted and warm

2 1/2 cups all-purpose flour

Cakes, Desserts

Carolyn T's Blog - Tasting Spoons
http://tastingspoons.com

Notes: The nutrition info on this recipe is incorrect as you do not use all of the crumb topping to make the cake. Next time I make it, I'll be adding chopped walnuts, probably about 1/2 cup. You could also add raisins.

1. Preheat the oven to 350°F. Grease the sides and corners of a 9x13-inch rectangular cake pan and line the bottom with parchment.
2. In a large mixing bowl, whisk the eggs, two sugars, cinnamon, and oil. Fold in the apples. In a separate bowl, sift the flour, baking soda, and salt. Stir the dry ingredients into the wet, folding and mixing until all the white, floury bits are completely incorporated. The batter will be extremely thick. Continue stirring until you can't see any white flour crumbs.
3. Scrape the batter into the prepared pan, and use a small offset spatula to work it into the corners. Sprinkle with 1 cups of the crumb topping (see below).
4. Bake in the center of the oven for 45 minutes, until a skewer comes out clean, or until it reaches 210°F on an instant-read thermometer. For neat slices, let cool completely. If desired, sift over a little powdered sugar, but go easy -- the cake's plenty sweet. Or, serve with vanilla ice cream or softly whipped cream sweetened with sugar and vanilla.
5. Cutting it with a metal bench scraper makes better squares. After 24 hours, store any leftover cake in the refrigerator.
6. CRUMB TOPPING: In a medium bowl, stir together both sugars, the salt, and cinnamon. Add the melted butter and whisk until combined. Fold in the flour until it is absorbed and set the mixture aside. (Freeze what remains and use on any other kind of fruit-based cake or cobbler.) Makes about 3 1/2 cups.

Per Serving (excluding unknown items): 405 Calories; 17g Fat (37.7% calories from fat); 4g Protein; 60g Carbohydrate; 2g Dietary Fiber; 46mg Cholesterol; 302mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 3 1/2 Fat; 2 Other Carbohydrates.