

Plum Upside-Down Cake

Summer Fruit with Sugar & Spice | June 2007



This caramelized-plum cake is surprisingly simple and tastes especially lovely with vanilla ice cream.

- 8 TBSP. BUTTER (1 STICK), SOFTENED
- 1/2 CUP PACKED BROWN SUGAR
- 2 TBSP. WATER
- 3 CUPS SLICED, PITTED PLUMS (ABOUT 1 LB.)
- 1³/₄ CUPS ALL-PURPOSE FLOUR
- 1/2 CUP FINELY GROUND PECANS OR ALMONDS
- 1 CUP GRANULATED SUGAR
- 1 TBSP. BAKING POWDER
- 1/4 TSP. SALT
- 1 CUP MILK
- 2 EGGS
- 1¹/₂ TSP. VANILLA
- 1¹/₂ TSP. FINELY SHREDDED ORANGE PEEL

Place 3 tablespoons of the butter in a 9×9-inch baking pan. Place pan in a 350° oven for 5 minutes or until butter is just melted. Remove from oven; stir in brown sugar and water until combined. Spread to an even layer in the pan. Arrange plum slices atop brown sugar mixture in pan. Set aside.

In a large mixing bowl stir together flour, pecans, granulated sugar, baking powder, and salt. Add milk, remaining 5 tablespoons butter, eggs, and vanilla. Beat with an electric mixer on low speed until combined. Beat on medium speed for 1 minute. Stir in orange peel. Spoon batter atop plum layer in prepared pan.

Bake in the 350° oven for 40 to 45 minutes or until a wooden toothpick inserted near center comes out clean. Cool on a wire rack for 5 minutes. Loosen sides of cake from pan; invert onto a serving plate. Cool about 45 minutes. Serve warm. Makes 12 servings.

Per serving: 308 cal., 13 g fat (6 g sat. fat), 57 mg chol., 187 mg sodium, 46 g carbo., 2 g fiber, 4 g pro.

PLUMS

Part of the fun of plums is that there are so many varieties ripening in stages throughout the summer. Try Santa Rosas in cakes and cobblers and tiny dark-purple Italian (also called prune) plums in tarts.