



**COOKING CLASSES**  
AT SUR LA TABLE

**CANELLE ET VANILLE**  
**BAKES SIMPLE**

WITH ARAN GOYOAGA

# Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet.

## Produce

- 1 large apple, such as Granny Smith or Honeycrisp

## Dairy/Refrigerated

- 9 tablespoons unsalted butter or dairy-free butter
- 1/4 cup whole milk or oat milk
- 4 large eggs

## Pantry Items

- 1 cup 5 tablespoons granulated sugar
- 2 teaspoons baking powder
- 1 1/2 teaspoon ground cinnamon
- Kosher salt
- 1 tablespoon apple cider vinegar
- 1 tablespoon vanilla extract
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground cardamom

## Dry/Canned Goods

- 2/3 cup superfine brown rice flour
- 1/3 cup tapioca starch
- 1/3 cup raw sliced almonds

# Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

## Cutlery

- Chef or paring knife

## Hand Tools/Gadgets

- Measuring cups and spoons
- Liquid measuring cup
- Silicone or rubber spatula
- Mixing bowls, various sizes
- Cake tester or skewer
- Butter knife or offset spatula
- Vegetable peeler
- Wooden spoon or heat-safe spatula

## Cookware

- Medium saute pan

## Appliances

- Stand mixer with paddle and whisk attachments

## Bakeware

- 9-inch springform pan or 9-inch cake pan

## Tabletop

- Serving plate or platter

## Other

- Parchment paper (only if using a 9-inch cake pan)

# Cookbook Club Pre-Class Mise en Place and Notes

**There are two delicious ways to enjoy the Sur La Table Cookbook Club!**

1. **Listen & Learn:** Review the recipes before class, then in class, watch the author, take notes, and ask questions in real-time so you can effortlessly recreate the meal later.

2. **Prep & Cook Along:** Before class, review the recipes and complete ALL prep stated below, then cook along with the author and ask questions in real-time. Note: you may need to complete some recipes after class.

- Please gather all ingredients and equipment before class if you will be cooking along.
- Pre-measuring ingredients is recommended

**Learn to make the cake and the caramelized apples with Aran, then watch her finish a cake she prepared before class so that you can finish yours when it is cool.**

1. Preheat oven to 325°F and position the rack in the lower half of the oven.



## CANNELLE ET VANILLE BAKES SIMPLE:

*A New Way to Bake Gluten-Free*

Written by Aran Goyoaga

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### MERINGUE CAKE WITH ROASTED APPLES

**Yield:** 1, 9-inch cake

Baked meringue over a cake or swirled around an ice cream bombe will always be one of my favorite celebratory treats. There is something about that crispy topping covering a marshmallow interior. You could serve this cake with fresh berries, but the caramelized apples add another layer of sweetness and spice

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#### **For the cake**

*7 tablespoons (100 g) unsalted butter or dairy-free butter, plus more for greasing*

*1 cup plus 2 tablespoons (225 g) sugar, divided*

*5 large egg yolks*

*2/3 cup (95 g) superfine brown rice flour*

*1/3 cup (40 g) tapioca starch*

*2 teaspoons baking powder*

*1 teaspoon ground cinnamon*

*1/4 teaspoon kosher salt*

*1/4 cup (55 g) whole milk or oat milk*

*4 large egg whites*

*1/3 cup (40 g) raw sliced almonds*

#### **For the caramelized apples**

*1 large firm and juicy apple, such as Granny Smith or Honeycrisp*

*3 tablespoons sugar*

*1 tablespoon unsalted butter or dairy-free butter*

*1 tablespoon apple cider vinegar*

*1 tablespoon vanilla extract*

*1/2 teaspoon ground cinnamon*

*1/4 teaspoon ground ginger*

*1/4 teaspoon ground cardamom*

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Preheat the oven to 325°F and position the rack in lower half of the oven.

1. Grease the inside of a 9-inch springform pan or tube pan with butter. Alternatively, use a 9-inch cake pan: line the bottom and sides with parchment paper, leaving some overhang to help lift the cake out of the pan.

**2 To make the cake:** Combine the butter and ½ cup (100 g) of the sugar in the bowl of a stand mixer. Using the paddle attachment, beat the butter and sugar over medium-high speed until pale and creamy, about 2 minutes. Reduce the speed to low and add the egg yolks one at a time until all are incorporated. Stop and scrape the sides of the bowl and paddle if needed.

3. In a small bowl, stir together the brown rice flour, tapioca starch, baking powder, cinnamon, and salt. Add the dry ingredients to the mixer and beat on medium speed until incorporated. Finish by adding the milk. Once the batter comes together, increase the speed to high and give it a good whip for 15 seconds or so to ensure everything is well incorporated.

4. Spread the batter into the prepared pan and set aside. Wash the mixer bowl, making sure there is no residue of batter in it.

5. Put the egg whites into the clean mixer bowl. Using the whisk attachment, whip them on medium speed until they begin to foam and increase in volume. Add the remaining ½ cup plus 2 tablespoons (125 g) sugar, 1 tablespoon at a time, and continue whipping until all the sugar is incorporated.

6. Increase the speed to high and whip the meringue into glossy, stiff peaks. Spread the meringue over the cake batter, creating swirl patterns with the spatula. Sprinkle the almonds on top.

7. Bake for 35 to 40 minutes, until a skewer inserted in the center comes out clean. The meringue will puff up and the almonds should be golden brown. Let the cake cool in the pan for 20 minutes, then run a knife around the edges to loosen the cake and remove it from the pan to cool completely. The top will have deflated slightly and cracked in spots.

8. Meanwhile, make the caramelized apples. Peel, halve, and core the apple. Cut each half into slices that are about ¼ inch thick.

9. Heat a medium sauté pan over medium-high heat. Sprinkle the sugar evenly over the bottom of the pan and cook until it melts and turns a light amber. Carefully stir in the butter, vinegar, vanilla, and spices, as the caramel may splatter.

10. Add the apple slices and toss to coat with the caramel. Reduce the heat to medium and cook for 5 to 7 minutes, turning the apples occasionally. Try not to mush them too much. They should be slightly soft and caramel colored. If the caramel thickens too much, add 1 tablespoon of water or orange juice. Let the apples cool for a few minutes before topping the cake. Store the cake, tightly wrapped, in the refrigerator for up to 2 days