



COOKING CLASSES
AT SUR LA TABLE

**PREP NOW, EAT LATER:
PINEAPPLE UPSIDE-DOWN CAKE**

WITH SUR LA TABLE CHEF

Ingredient Shopping List

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

Produce

- 1 pineapple
- Optional 1/2 pint fresh cherries, or jar of Maraschino cherries

Dairy/Refrigerated

- 6 ounces unsalted butter
- 2 large eggs
- 4 ounces whole milk

Pantry Items

- 1/2 cup light brown sugar
- 1 cup granulated sugar
- Vanilla bean paste or extract
- Unbleached all-purpose flour
- Baking powder
- Kosher salt
- Confectioners' sugar

Dry/Canned Goods

- 1/4 cup fine cornmeal
- 1, 14-ounce can coconut cream

Equipment Needed

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

Cutlery

- Chef knife
- Cutting board

Hand Tools/Gadgets

- Measuring cups and spoons
- Liquid measuring cup
- Mixing bowls, various sizes
- Wooden spoon
- Whisk
- Silicone spatula
- Mesh strainer or sifter

Cookware

- Medium skillet

Appliances

- Stand mixer or hand mixer

Bakeware

- 9-inch cake pan
- Cake tester or toothpick
- Wire cooling rack
- Offset spatula or thin butter knife

Tabletop

- Cake stand or serving plate

Pre-Class Mise en Place and Notes

- Please gather all ingredients before class if you will be cooking along.
- Feel free to pre-measure ingredients, but it is not necessary.
- We encourage you to prep all your ingredients before class as it will allow you to have more time to listen and watch the instructor.

Pineapple Upside-Down Cake

1. 1 hour before class remove eggs, milk, and 1 stick (1/2 cup) butter from the refrigerator and set on counter.

Coconut Cream

1. Set can of coconut cream in refrigerator the night before class.

PINEAPPLE UPSIDE-DOWN CAKE

Yield: 1, 9-inch cake, 8 to 12 servings

Take a little extra time to arrange the fruit in a nice pattern in the bottom of the pan, because when you unmold the cake, the fruit will be the top and the decoration. This recipe works wonderfully with a variety of fruit, see the notes below for suggestions.

Topping

1/2 stick (2 ounces) unsalted butter, cut into small pieces

1/2 cup (4 ounces) firmly packed light brown sugar

1 fresh pineapple, peeled, cut into 1/2-inch rings, and core removed

Maraschino or fresh cherries, pitted and cut in half, optional

Cake

1 stick (4 ounces) unsalted butter, softened

1 cup (7 ounces) granulated sugar

2 large eggs, room temperature, separated

1 1/2 teaspoon vanilla bean paste or extract

1 cup plus 2 tablespoons (6 ounces) unbleached all-purpose flour

1/4 cup (1 1/4 ounces) fine cornmeal

1/2 teaspoon baking powder

1/4 teaspoon kosher salt

1/2 cup (4 ounces) whole milk, room temperature

Coconut Cream (recipe included)

Preheat oven to 350°F and position rack in middle of oven.

- 1. Prepare the Topping:** To a medium skillet set over medium heat add butter. When butter is melted add the sugar, whisk vigorously to melt the sugar and blend the mixture. Once the mixture is melted and smooth, pour it into the bottom of the cake pan. Set aside.
2. Arrange pineapple rings or cut rings in half and arrange the segments in a pattern around the bottom of the pan. Complete decoration with cherries if desired. Set aside.
- 3. To Prepare the Cake Batter:** To the bowl of a stand mixer fitted with a paddle attachment add butter and sugar, beat until light and fluffy, 4 to 5 minutes. Using a silicone spatula, scrape the sides of the bowl to ensure an even mix. Add the egg yolks and vanilla, beat until combined, scrape the sides of the bowls.
4. To a mesh strainer set over a medium bowl add flour, cornmeal, baking powder, and salt.

Sift to break up any large clumps, if any cornmeal is left in the strainer add it to the sifted mix.
5. With the mixer set on low speed alternate the flour mixture and milk, beginning and ending with the flour mixture. Scrape the batter into a large clean bowl. Clean the bowl of the mixer well.

6. To the clean bowl of the stand mixer fitted with a whisk attachment add the egg whites. Whip on medium speed until whites are firm. Add half of the whites to the batter, using a silicone spatula, gently fold whites into the batter. Repeat with remaining egg whites and fold until no streaks remain.

7. **To Bake:** Pour batter into prepared cake pan and smooth out the top. Transfer cake to preheated oven and bake until the top is golden, firm to the touch, and a toothpick inserted into the center comes out clean, 50 to 60 minutes. Transfer cake to wire rack to cool for at least 30 minutes.

8. **To serve:** Run a thin, flexible knife or offset spatula around the edge of the pan to loosen the cake. Place a serving plate on top of the pan, hold the two together, and flap over. The cake should slide right out. If it doesn't, hold the pan over a warm stove or dip into hot water to loosen the syrup in the bottom of the pan. Flip again. To serve, cut the cake into desired wedges and serve with coconut cream or ice cream.

Recipe variations:

Almost any fruit is delicious in an upside-down cake. See what looks good at the market. Be sure to cut softer fruits, such as peaches or plums a bit thicker so they don't disintegrate, and hard fruits such as apples, a bit thinner so they cook through in the time it takes to bake the cake.

COCONUT CREAM

Yield: about 2 ½ cups

This is a wonderful substitution for traditional whipped cream. The coconut flavor pairs well with everything from chocolate to fruit. Look for cans labeled coconut cream and are guar free. The cream will keep in your refrigerator for up to 2 weeks.

1 (14-ounce) can coconut cream, chilled in refrigerator overnight

1/4 to 1/2 cup confectioners' sugar, plus more if desired

1/2 teaspoon vanilla bean paste or extract

1. To the bowl of a stand mixer fitted with a whisk attachment scoop out the thick coconut cream from the can, reserving any liquids for another use such as smoothies. Whip on medium speed for about 30 seconds then add in 1/4 cup sifted confectioners' sugar and vanilla, whip to combine. Taste and add additional sugar if desired. Whip on medium speed until creamy and smooth, about 1 minute.
2. Serve immediately, or transfer to a food storage container with a tight-fitting lid and store in your refrigerator until ready to use.