



## Sweet Potato and Apple Upside Down Caramel Cake

2010 Sweet Rewards Recipe Contest – Grand Prize Winner

### Ingredients:

- 6 tablespoons unsalted butter, divided
- 3 medium cooking apples, peeled, cored and sliced
- 1/2 cup packed brown sugar
- 2/3 cup heavy cream, divided
- 1/2 cup chopped pecans
- 1/3 cup dried sweetened cranberries
- 1 cup all purpose flour
- 1/2 cup yellow cornmeal
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1 cup drained canned Louisiana sweet potatoes, mashed
- 2 eggs
- 1/4 cup melted unsalted butter
- 3 tablespoons pure maple syrup
- 1 teaspoon vanilla extract
- 2 tablespoons sifted powdered sugar
- 1/4 teaspoon fresh grated nutmeg

### Instructions:

Preheat oven to 350F. In a 10-inch oven proof skillet melt over medium heat 2 tablespoons butter. Add apples and cook until tender, about 5 minutes, transfer to small bowl, set aside. In same skillet cook 4 tablespoons butter and brown sugar stirring until butter melts, bring to a boil. Remove from heat, stir in 3 tablespoons cream then sprinkle with pecans and cranberries. Arrange apple slices over next. In a medium bowl whisk flour cornmeal, baking powder and salt. In a large bowl whisk sweet potatoes, egg, melted butter, maple syrup, and vanilla. Stir in flour mixture until smooth. Pour batter over apples. Bake until golden about 30 minutes or until toothpick inserted in center comes out clean. Cool pan on wire rack for 10 minutes then invert onto serving platter. To serve, in a medium bowl beat remaining cream, powdered sugar and nutmeg with mixer until stiff peaks form. Cut cake into wedges and add a dollop of whipped cream. Serve cake warm or at room temperature.

### Credits:

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