

Nectarine and Red Plum Cornmeal Upside Down Cake

	metric measures
serves 12	
1-1/2 cups corn flour or masa harina	275 grams
1/2 cup cornmeal	90 grams
2/3 cup sugar, divided use	150 grams
2 tsp baking powder	6 grams
1 tsp salt	6 grams
1/2 tsp xanthan	2 grams
2 eggs	100 grams
1-1/4 cups apple juice or milk	300 ml
1/2 cup oil	120 ml
2 firm nectarines	375 grams
1 firm red plum	50 grams
1 tablespoon of lemon juice	15 ml

Parchment paper

Preheat oven to 350 degrees.

In a medium bowl, blend corn flour, cornmeal, 1/2 cup of sugar (115 grams), baking powder, salt, and xanthan.

In a small bowl, whisk together eggs, apple juice or milk, and oil.

Pour egg mixture into the flour mixture and whisk until all the lumps disappear. Set aside.

Put a 9" cake pan on a piece of parchment and trace a pencil around the bottom. Cut inside the line so the parchment just fits inside the bottom of the pan. Repeat so you have two pieces. Lay them both on the bottom of the pan.

In a medium bowl, slice the nectarines and plums. Drizzle with the lemon juice and the remaining sugar. Artfully arrange the fruit on top of the parchment. Or put it in a jumble if you like it really rustic.

Pour the batter over the fruit and level with a knife.

Bake for 45 to 60 minutes.

Inserting a cake tester or thin knife into the cake is not a reliable way to see if this cake is done. Uncooked batter may not cling to them. The cake is done when it is a bit golden on the top and there are small cracks in the middle as well as around the edges.

Check the cake at 45 minutes and let it go longer if needed. After you make this once or twice, you will have a better feel for how long it takes in your oven.

Allow the cake to stand for 5 to 10 minutes in the pan. Put a platter over the top of the pan and turn the whole assemblage upside down. Never fear, it will come out intact!! With all the fruit in its place, on the cake. That is enough to make anyone smile.

Simply peel off the parchment paper and serve.

Read more: <http://blog.kitchentherapy.us/2009/07/u-is-for-upside-down-cake/>