

Heritage Recipes

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Upside Down Cake

From Wilma

We had an old iron skillet that we used for everything, to fry pancakes, pork chops that my mother and sister loved, fried chicken for picnics and to bake our favorite cake. I don't know where mother got the Upside Down Cake recipe but we made it so often that soon we didn't need a recipe. We usually used pineapple for the fruit but apricots, pears and peaches are quite good, too, with this Upside Down Cake.

Upside Down Cake

1/4 cup butter
1 cup brown sugar
1/4 teaspoon mapeline
1 small can fruit
1 cup chopped nuts
4 eggs
1 cup sugar
4 tablespoons fruit juice
1 cup flour
1 1/2 teaspoon baking powder

Barely let butter, brown sugar and mapeline come to a boil in a skillet and cool. Spread drained fruit and nuts over mixture. Beat eggs separately. Add to yolks, the sugar, juice, flour and baking powder. Fold in beaten egg whites and a bit of salt. Pour batter over fruit in skillet. Bake in moderate oven (350 degrees). Test for doneness. Takes approximately 30 minutes to bake. Turn out while hot and serve with whipped cream.

Reserve the juice from the drained fruit for the 4 tablespoons of fruit juice
Skillet should be about 13 inches in diameter by 3 inches deep

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