

Blood Orange Polenta Upside-Down Cake with Whipped Crème Fraîche

Author: Bon Appetit, 3/2010



CAKE:

7 tablespoons sugar, divided, plus 3/4 cup sugar
 3 tablespoons water
 8 tablespoons unsalted butter (1 stick) room temperature, divided
 3 whole blood oranges, unpeeled, small to medium sized
 3/4 cup all-purpose flour, plus 3 tablespoons
 3 tablespoons polenta, or coarse yellow cornmeal (preferably stone-ground)
 1 1/2 teaspoons baking powder
 1/4 teaspoon kosher salt, coarse
 3/4 teaspoon vanilla extract
 2 large eggs, separated
 6 tablespoons whole milk
WHIPPED CREME FRAICHE:
 1 cup creme fraiche, chilled
 2 tablespoons sugar

Serving Ideas:

Per Serving (excluding unknown items): 354 Calories; 22g Fat (54.6% calories from fat); 5g Protein; 36g Carbohydrate; 2g Dietary Fiber; 112mg Cholesterol; 189mg Sodium.
 Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 0 Non-Fat Milk; 4 Fat; 1 Other Carbohydrates.

Carolyn T's Tasting Spoons blog:
<http://tastingspoons.com>

Notes: Recipe Tips: The cake gets baked in the same skillet you use to make the caramel. Here are a few key assembly points to keep in mind after you follow the recipe to make the syrup. (1) As soon as the syrup turns golden amber, take the skillet off the heat; (2) Arrange the orange slices as pictured, overlapping slightly, in concentric circles atop the caramel; (3) Mix the batter and drop it by large spoonful atop the orange slices in the skillet, then spread evenly. (Don't pour the batter; you risk jostling the oranges.) Bake as directed.

- 1. CAKE:** Position rack in center of oven and preheat to 350°F. Combine 6 tablespoons sugar and 3 tablespoons water in 10-inch diameter ovenproof skillet with 8-inch diameter bottom and 2 1/2-inch-high sides. Stir over medium heat until sugar dissolves. Increase heat and boil without stirring until syrup is golden amber (not dark amber), occasionally brushing down sides of skillet with wet pastry brush and swirling skillet, about 4 minutes. Remove skillet from heat and whisk 2 tablespoons butter into caramel. Set aside.
- Cut off both rounded ends of each orange so that ends are even and flat. Using sharp knife, cut oranges into 1/16- to 1/8-inch thick rounds. Remove and discard any seeds. Arrange orange slices, overlapping slightly, in concentric circles atop caramel in bottom of skillet.
- Using electric mixer, beat 3/4 cup sugar, remaining 6 tablespoons room-temperature butter, and vanilla in another medium bowl until light and fluffy. Add egg yolks 1 at a time, beating well after each addition. Add flour mixture in 3 additions alternately with milk in 2 additions, beating batter just until incorporated.
- Using clean dry beaters, beat egg whites in large bowl until soft peaks form. Add remaining 1 tablespoon sugar and beat until stiff but not dry. Fold 1/3 of egg whites into batter to lighten, then fold in remaining egg whites in 2 additions. Drop batter by large spoonfuls atop orange slices in skillet, then spread evenly.
- Bake cake until tester inserted into center comes out clean, about 45 minutes. Cool cake in skillet 10 minutes. Run small knife around cake to loosen. Place platter atop skillet. Using oven mitts, hold platter and skillet firmly together and invert, allowing cake to settle onto platter. Rearrange any orange slices that may have become dislodged. Cool cake completely at room temperature.

Crème Fraîche:

- Using electric mixer, beat chilled crème fraîche and 2 tablespoons sugar in medium bowl until mixture thickens. Cut cake into wedges and serve with dollop of whipped crème fraîche.

