



**Nova Scotia  
Apples**  
*Pick An Original*



Warm Apple and Rhubarb Upsidedown Cake  
2001 Winner - Blomidon Inn, Sean Laceby

Base:

- 1 cup butter
- 1 cup granulated sugar
- 3 large eggs
- 1 tbsp vanilla
- 3 ½ cups all purpose flour
- 3 tbsp baking powder
- 1 cup light cream (10%)
- 1 cup egg whites, beaten stiff
- ½ cup brown sugar

Compote:

- 3 medium Nova Scotia apples (peeled & diced)
- 2 cups rhubarb (medium diced)
- 1 cup brown sugar (packed)

Cook compote ingredients in heavy pan until apple and rhubarb are tender. Set aside to cool. Preheat oven to 350°F (180°C) Generously butter two 23 cm (9in.) cake pans; set aside. Place butter, granulated sugar, whole eggs and vanilla in a large bowl. Using electric hand mixer, beat 2 minutes or until mixture becomes thick. Sift flour and baking powder together. Using wooden spoon, incorporate half of flour into egg mixture in bowl. Pour in cream and mix well. Add remaining flour and continue mixing until well incorporated. Fold in beaten egg whites until no trace of white can be seen; set batter aside. Sprinkle brown sugar over bottom of prepared cake pan, then cover with sliced apple in circular pattern. Fold compote into batter mixture. Pour in batter and bake 1 hour in middle of oven, or until cake tests done. When done, remove cake from oven and let cool in pan. Turn out onto ovenproof serving platter and sprinkle with a little granulated sugar. Place in oven, 15 cm (6 in.) from broiler element for 3-4 minutes. Slice and Serve.

< [Back to Table of Contents](#)