



Apple Cake with Caramel Sauce

Ingredients

- **1 ½ cups** all-purpose flour
- **¾ tsp.** baking powder
- **¼ tsp.** baking soda
- **½ tsp.** Kosher salt
- **2 tsp.** cinnamon
- **¼ tsp.** freshly grated nutmeg
- **6 tbsp.** room temperature butter or coconut oil
- **½ cup** packed brown sugar
- **¼ cup** white sugar
- **1 ½ tsp.** vanilla extract
- **2** eggs
- **2/3 cup** whole milk
- **3 or 4** firm cooking apples, peeled, cored and sliced

Caramel Sauce:

- **6 tbsp.** butter
- **½ cup** whipping cream
- **1 cup** of white sugar
- **¼ cup** water
- **1/3 tsp.** kosher salt

Directions

1. Preheat oven to 350 degrees. Butter sides of 9 ½ inch cake pan and line bottom with parchment.
2. Combine dry ingredients and set aside.
3. In mixer bowl, cream butter, sugars. Scrape sides of bowl and add eggs, one at a time. Scrape bowl and add vanilla. Beat on high speed for about 5 minutes or until mixture is light and fluffy.
4. Turn mixer to low speed and add one third of dry ingredients. Combine, then add ½ of milk, alternating. Always begin and end with dry ingredients. Make sure the ingredients are combined, but don't overmix.
5. Scrape bowl and give one last stir to make sure mixture is evenly distributed. Turn into prepared pan.
6. Insert apple slices round side up in concentric circles.
7. Bake for 45 to 50 minutes or until cake is pulling away at the sides and top is firm or skewer comes out clean.
8. Remove from oven. Cool for about 10 minutes and carefully remove to serving plate.

Caramel Sauce:

1. Add butter into small prep bowl. In small pot, gently begin heating whipping cream. Do not boil!
2. In deep heavy-bottomed pot, place sugar and water. Place over medium heat and stir to combine. Have a heat-proof brush and a small bowl of cold water nearby.
3. When syrup begins to boil, do not stir any more, but occasionally brush the sides of the pan with the cold water to prevent crystal formation.
4. Watch very carefully for the mixture to begin to colour. This needs a bit of patience, since there are only a few seconds between caramel and burnt!
5. When the syrup is your desired shade of brown (or just a second before), remove from heat and begin to add the butter. Be careful as the mixture will foam and it is VERY hot. When butter is mostly incorporated, add warm cream and stir until very smooth. Add salt and allow to cool.