

NUTRITION: Lazza's Kitchen

Pineapple Upside-Down Cake

**Lazza is still trying out new recipes
Today - he makes his first ever Upside-Down from scratch**

The origins of the pineapple upside down cake date back hundreds of years, when people would cook on cast-iron skillets over open fires. When they wanted a sweet treat, they would line the bottom of the pans with fruit, and pour batter on top. When the cake was ready, the pan was flipped over, revealing the gorgeous pattern of caramelized fruit on the top.



170g softened unsalted butter
100g brown sugar
200g granulated sugar
½ teasp Cinnamon
Pineapple wedges or rings
2 large eggs
1 teasp vanilla extract
2 teasp baking powder
200g plain flour
125g of plain yoghurt or sour cream (I used yoghurt)

Preheat oven to 180C/350F.

Spread around 50g of the butter over the bottom of a 9in cake tin.

Scatter the brown sugar and the cinnamon evenly on top of the butter.

Arrange the pineapple however you choose in an even layer on top of that.

In a bowl - whisk the butter and granulated sugar (I also added a little squeeze of lemon) until light and fluffy.

Add the two egg yolks (keep the whites) and vanilla, and whisk in.

Now add the baking powder.

Gradually add the flour until all whisked in, before the egg whites and yoghurt.

Spoon mixture into tin and bake 35-40 minutes. Rest for 10 minutes.

Turn out, pineapple on top, onto serving dish. Enjoy.



**Can I claim this as one of my fruit per day??
Clutching at straws, but what is not to love
about fruit and sponge.**

**The pineapple and brown sugar caramelised
into the sponge.**

Slices will be handed out to walkers.

**During this pandemic I decided to try a new hobby - cooking.
Something I have never really experimented with. And it is going so well.**

Why not try out some new recipes and foods yourself?

This was a great and very tasty bake to prepare.

I stun myself every week. If I can do it, so can you. Try something new!!!