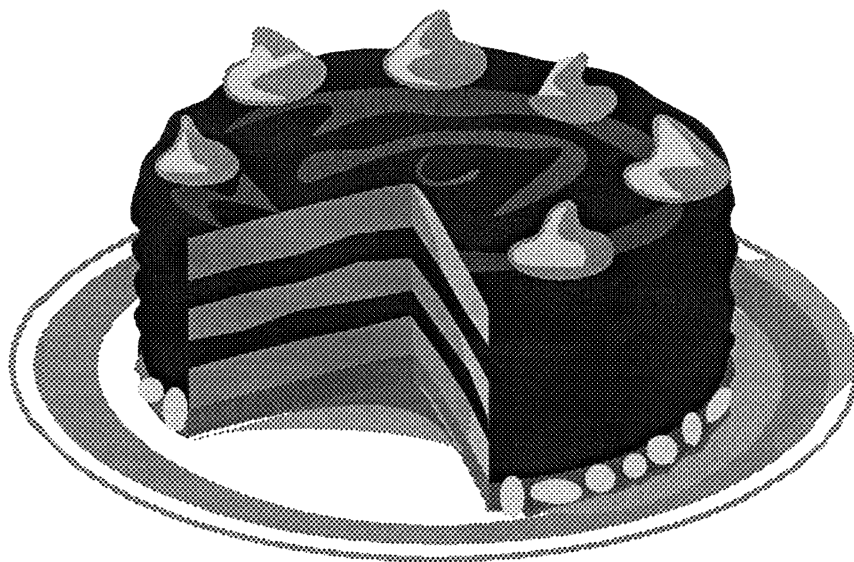


Chapter 1

Cakes and Frostings



Angel Fluff Cake

- 1 angelfood cake
- 1 large whipped cream topping
- 1 package lemon pudding mix, do not use instant
- 1 yogurt, carton

Instructions

For this recipe use a 6 oz. package of lemon cook on stove pudding. One carton of Dannon or Yoplait lemon yogurt (any other brand will curdle).

Carefully slice the top off the cake approx 1 inch down.

Hollow out the center of cake leaving approx 1 inch in the bottom of the cake

Cook pudding and let cool. Spoon carefully into hollow of cake, saving a little for top.

Replace the top and frost with whipped topping that has been mixed with lemon yogurt.

Drizzle top with remaining pudding and place in fridge to chill for 1 hour.

Optional: Layer the cake into 3 to 5 layers (like a torte) and place pudding between layers instead of hollowing out.

Recipe Notes

Source: Chris Carrigan, Morgan High School
Food Service/Culinary Arts

Angel Food Cake

1/2 cup sugar
1/2 cup cake flour, plus 1 tablespoon
3/4 cup egg white, about 6
3/4 teaspoon cream of tartar
1/4 teaspoon salt
1/2 cup sugar
1/2 teaspoon vanilla extract
1/4 teaspoon almond flavoring

Instructions

Preheat oven at 375 degrees.

Sift flour and sugar together 3 times. Put the flour in the sifter before the sugar.

In a large mixing bowl, beat egg whites until foamy. Add cream of tartar and salt, and continue beating until egg whites are white, soft & fluffy (soft peak stage).

On medium speed, slowly beat in the 1/2 cup sugar (not the sifted flour/sugar mixture).

Then beat on high until egg white mixture reaches the stiff peak stage (glossy appearance, and peaks stand straight up).

Beat in vanilla and almond extract.

Fold the sifted flour/sugar mixture into the egg whites, 1/4 at a time.

Fold-in using 15 strokes after each addition. After the last addition add 10 extra strokes to blend well.

Pour into a thoroughly clean, dry pan (can be a bread loaf pan).

Cut through batter with a knife to release air bubbles.

Bake 35-40 minutes.

When done, put a clothes pin on each corner of loaf pan and invert the pan until cake is cold.

Loosen edges with a table knife and remove the cake from the pan.

Note: When working with egg whites, remember to use clean, grease-free utensils.

Separate egg, one at a time, in a small bowl. When it says "fold" do this gently with a slotted spoon, or a wire whisk.

Use Chocolate Toffee Angel Food Cake Frosting with this recipe.

Recipe Notes

Source: Louise Chamberlain, Woods Cross High School
Food for Life

Applesauce Cupcakes

1 1/4 cups flour
1/2 teaspoon baking soda
1/4 teaspoon salt
1/8 teaspoon cloves
1/2 teaspoon cinnamon
1/8 teaspoon mace, ground, optional
3 tablespoons shortening
1/2 cup sugar
1/2 egg
1/2 cup applesauce
1/4 cup chocolate chip

Instructions

Preheat oven to 375.

Cream shortening, sugar and egg together for a full minute until light and fluffy.

Add applesauce and mix well.

Sift together flour, baking soda, salt, cloves, cinnamon, and mace (optional).

Slowly stir in dry ingredients to creamed mixture.

Stir in with a spoon the chocolate chips.

Pour into greased muffin cups or cupcake liners until 2/3 full.

Bake at 375 for 20 minutes.

Yield: 6 muffins

Recipe Notes

Pam Rock, Lakeridge Junior High
8th Grade Life Skills

Bean Cake

1 package cake mix, any flavor

Instructions

Using a cake mix of your choice follow the directions on the package except for the following change. Instead of the oil called for in the mix use TWO times the amount of white beans. (Puree the beans with the amount of water called for in the recipe). Use the mixture to replace the oil.

For example if the cake mix calls for 1/2 cup of water, 2 eggs and 1/3 cup oil you would mix 1/3 cup of water with 2/3 cups of white beans and puree them together. Add this to the cake mix and mix in the eggs as called for.

This recipe will reduce the fat of the cake and increase the fiber.

Recipe Notes

Source; Sue Schumacher, Pleasant Grove High

Butter Cream Frosting

- 1 cup white shortening
- 2/3 cup milk
- 1 teaspoon vanilla or other flavoring
- 2 1/2 pounds powdered sugar

Instructions

Beat together shortening, milk, vanilla and powdered sugar until smooth and of spreading consistency.

Note: For another variation, substitute 1/2 cup shortening and 1/2 cup butter or margarine for the 1 cup of white shortening. This icing will not be pure white which will affect the true color of food colorings.

Recipe Notes

Source: Annette Uhrhan, Kearns High
Food and Fitness, Food for Life, Food Service/Culinary Arts

Butter Cream Icing

- 1 1/2 teaspoons butter or margarine
- 1 1/2 teaspoons shortening
- 1 cup powdered sugar
- 1/4 teaspoon vanilla extract
- 1 dash salt
- 1 tablespoon milk

Instructions

Melt the butter or margarine and shortening on low in a small saucepan on the stove, or place in a covered, glass custard cup in the microwave.

Heat 30 seconds on medium power.

Sift powdered sugar and salt together.

In a medium bowl, beat the powdered sugar, salt, butter and vanilla with an electric mixer.

Add milk, 1 tablespoon at a time, beating to the desired consistency.

Add food coloring and other flavoring, if desired.

Note: This recipe makes enough icing for the sugar cookie lab or a 9-inch round or square single-layer cake.

Recipe Notes

Source: Shauna Flint, Syracuse Junior High

TLC, 8th Grade Life Skills, Food and Fitness, Food for Life

Buttermilk Sheet Cake

2 sticks margarine
4 tablespoons cocoa
1 cup water
2 cups flour
1 3/4 cups sugar
1 teaspoon baking soda
1/2 cup buttermilk
2 eggs
1 teaspoon vanilla extract
1/2 cup margarine
1/4 cup cocoa
7 tablespoons buttermilk
1 pound powdered sugar

Instructions

Melt margarine and add cocoa and water. Bring to a boil.

Mix together in a large bowl: flour, sugar, baking soda. Pour the first mixture into the bowl. Stir well.

Add buttermilk, eggs, vanilla and nuts if desired. Mix well.

Pour into a well greased and floured sheet cake pan.

Bake at 400 degrees for 20 minutes.

Frost while still warm

Icing

Melt the 1/2 cup margarine, 1/4 c. coca and 7 T. buttermilk. Cool. Stir in 1 box of powdered sugar.

Be sure it is cool before adding the powdered sugar. (Note: If the mixture is too hot it will require more powdered sugar which is not good.)

Recipe Notes

Source: Jane Persons, Richfield High
Food for Life

Carrot Cake - Electric Frypan

- 1 cup butter or margarine
- 2 cups sugar
- 1 teaspoon ground cinnamon
- 1/2 teaspoon nutmeg
- 4 eggs
- 1 1/2 cups carrots, finely grated
- 2/3 cup chopped nuts, optional
- 2 1/2 cups flour
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1/3 cup water

Instructions

Cream butter and sugar together until light and fluffy. Beat in cinnamon and nutmeg. Add eggs one at a time, beating well after each addition. Gradually stir in carrots and nuts. Sift together flour, baking powder and salt. Add dry ingredients and warm water to creamed mixture. Do not beat; fold in flour just until well moistened. Pour batter into a buttered 11 x 15-inch cake pan and bake in a preheated 350-degree oven for 35-40 minutes or until cake springs back when pressed lightly in center or bake in an electric frying pan using the following directions.

Cover frypan. Close vent. Preheat frypan to 250-275 degrees while mixing batter (about 4-5 minutes). Grease and flour preheated frypan. Add batter, cover, bake until top of cake is moist but not sticky (35-40 minutes). Loosen around edges with spatula. Invert on cake rack.

Let stand a few minutes before lifting off frypan. Cool. Cake may be cut in half and iced as layers, cut into squares to be used for individual servings or iced whole to be served as a sheet cake.

Frost with Cream Cheese Frosting.

CREAM CHEESE FROSTING

Blend 3 ounces softened cream cheese, 1 tablespoon milk, 1 teaspoon vanilla and a dash of salt. Gradually add 2 1/2 cups powdered sugar to cheese mixture, beating until frosting is smooth and of spreading consistency. If necessary, stir in additional milk, 1 tablespoon at a time.

Recipe Notes

Source: Louise B. Hulet, Tooele High
Food and Fitness

Chocolate Toffee Frosting

- 1 cup whipping cream, whipped
- 2 tablespoons powdered sugar
- 1/4 cup chocolate syrup
- 1/2 cup toffee, crushed, (Heath or Score bar)

Instructions

Whip the cream until nearly stiff, add 2 tablespoons powdered sugar.
Continue beating until cream is stiff (but not turning to butter)
Carefully fold in chocolate syrup
Split angel food cake into 2 layers.
Spread 1/3 of the whipped cream mixture on bottom layer, sprinkle with half of the crushed toffee.
Replace top layer, frost top and sides of cake with remaining whipped cream.
Sprinkle remaining toffee over the top of the cake
Refrigerate several hours before serving
Refrigerate any leftovers

Can use your own English Toffee
(See English Toffee recipe)

Recipe Notes

Source: Louise Chamberlain, Woods Cross High School
Food and Fitness

Crumb-Top Gingerbread - Microwave

- 1 cup flour
- 1/2 cup brown sugar
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/2 teaspoon ginger
- 1/4 cup shortening
- 1 egg, beaten
- 1 tablespoon molasses
- 1/2 cup buttermilk

Instructions

Combine dry ingredients. Cut in shortening with pastry blender until mixture is crumbly. Reserve 1/4 cup for topping. Combine remaining mixture with egg, molasses and buttermilk. Mix with a fork just until blended. Spread dough in an 8-inch glass dish lined with wax paper. Cook in microwave about 2 1/2 minutes. Let stand 10 minutes. Cut into squares. Serve with whipped cream.

Recipe Notes

Source: Shari Combe, Roy Junior High
Food and Fitness

Easy White Cupcakes

- 1 1/2 cups cake flour
- 3/4 cup sugar, plus 2 tablespoons
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 cup shortening
- 3/4 cup milk
- 2 egg whites
- 1/2 teaspoon vanilla extract

Instructions

Sift or stir dry ingredients into bowl. Add shortening and 1/2 cup milk. Beat for 1 minute or until smooth. Stop and scrape bowl.

Add egg whites, remaining 1/2 cup of milk and vanilla. Beat until smooth and fluffy. Line muffin pan with paper liners. Spoon batter into muffin pan, filling each cupcake liner 2/3 full. Bake at 375 degrees for 15 to 20 minutes.

Frost with Buttercream Icing

Cream together 2 tablespoons shortening and 2 tablespoons margarine. Mix in 1/4 teaspoon vanilla.

Then gradually add 1 cup powdered sugar, beating well. Beat in 1 tablespoon milk until mixture is light and fluffy.

For chocolate frosting, add 2 tablespoons cocoa at the same time as the powdered sugar is added.

Recipe Notes

Source: Janet Anderson, Manti High
Food and Fitness

Hawaiian Wedding Cake

- 2 cups flour
- 2 cups sugar
- 2 eggs
- 2 teaspoons baking soda
- 1 can pineapple, crushed, 12oz can, use juice
- 1 cup coconut flakes
- 1 cup nuts, chopped

Instructions

Mix all of ingredients together and stir until thoroughly mixer. Pour into greased 9x13 pan and bake at 350 for 30-40 minutes.

Cool completely before frosting. Frost with cream cheese frosting.

Frosting:

- 1 square margarine or butter
- 1 8 oz. package cream cheese
- 1 teaspoon vanilla
- 1 box powdered sugar

Beat together until light and fluffy.

Spread on cooled cake and sprinkle with nuts.

Recipe Notes

Source: Tamra Rauzi, Northridge High School
Food for Fitness, Food for Life

Pineapple Puddle Cake

- 1/2 cup brown sugar
- 1/4 cup margarine
- 2 tablespoons corn syrup
- 1/3 cup juice
- 1 cup baking mix
- 1/4 cup granulated sugar
- 1 egg
- 5 slices pineapples
- 5 maraschino cherries

Instructions

Combine brown sugar, margarine and corn syrup in liquid measuring cup. Microwave 1 minute. Stir well and pour evenly into 5 custard cups.

Put a slice of pineapple into the cups and add a cherry to each.

Combine juice, baking mix, granulated sugar and egg in a mixing bowl. Beat by hand for 30 seconds. Pour into the custard cups.

Place cups in a circle in the microwave oven. Microwave 1 minute. Turn cups 1/2 turn. Microwave another 2 minutes. Let stand 5 minutes with the door open.

Carefully take out of microwave using a hot pad and turn each one upside down on a small plate.

Wait a few minutes before eating as the pineapple will be very hot.

Recipe Notes

Source: Lesley Kendrick, Alice C. Harris Intermediate
7th Grade

- 2 cups flour
- 4 teaspoons baking powder
- 1 teaspoon salt
- 1 1/2 cups granulated sugar
- 1 cup milk
- 1/4 cup shortening, melted
- 2 teaspoons vanilla extract
- 1/2 cup chopped nuts, optional
- 1 1/2 cups brown sugar
- 3 1/2 cups hot water

Instructions

Combine the flour, baking powder and salt in a sifter and sift into a medium-size mixing bowl. Add the granulated sugar, milk, shortening, vanilla and nuts. Beat with an electric mixer until smooth. Pour into a greased 9 x 13-inch pan. Combine the brown sugar and water and stir until dissolved. Pour over the top of the cake batter. Bake at 350 degrees for 45 minutes. Serve hot topped with ice cream or cool topped with whipped topping.

Recipe Notes

Source: Vera Clark, East Carbon
Food for Life

Royal Icing

3 egg whites (room temperature)
1 pound powdered sugar
1/2 teaspoon cream of tartar

Instructions

Combine egg white and powdered sugar; beat well. Add cream of tartar. Continue beating until correct consistency.

Note: This icing is ideal for flowers and other decorative items that need to be hard. It can also be used for gingerbread houses.

Recipe Notes

Source: Annette Uhrhan, Kearns High
Food and Fitness, Food for Life, Food Service/Culinary Arts

Sour Cream Pound Cake

3 1/2 cups sugar
3 1/2 cups flour
6 eggs
1 1/2 cups margarine
1 cup sour cream
1/4 teaspoon salt
1 teaspoon baking powder
1 tablespoon lemon flavoring
1 tablespoon vanilla extract

Instructions

Mix sugar and margarine together.
Add eggs, one at a time.
Add lemon and vanilla flavorings.
Add flour; in last cup of flour add baking powder and salt.
Mix sour cream into mixture by hand.
Pour into greased and floured Bundt cake pan.
Bake at 350 degrees for 1 hour.

Recipe Notes

Source: Betty Woodruff, Alpine Life & Learning Center

Strawberry Cream Torte

1 cup sour cream
3/4 cup sugar
1/4 cup butter
1 egg
1 1/4 cups flour
1 teaspoon baking soda
1/2 teaspoon salt
1/4 cup sugar
1 tablespoon cornstarch
1/2 cup pineapple juice
1 cup sour cream
2 pints strawberries
1/4 cup sugar

Instructions

For the cake combine the first four ingredients beat for 2 minutes on high with wire beaters in mixer.

Add flour, baking soda, and salt and beat 3 more minutes.

Lightly spray Pam on Torte pan or square cake pan.

Pour in batter and bake at 325 degrees for 25-30 minutes.

For topping combine 1/4 cup sugar, cornstarch in medium saucepan, add the pineapple juice and stir constantly bringing to a boil. Boil 1 minutes, remove from heat. Cool in the freezer.

Add 1 cup sour cream.

For the strawberries wash, hull and slice add 1/4 cup sugar and set aside until ready to place on top.

Layer cake, top with topping and then add strawberries. Some dollops of topping or cool whip on top if desired.

Recipe Notes

Source: Terilee Herbon, Hunter High School
Food Service/Culinary Art

Strawberry Shortcake

- 1 3/4 cups flour
- 2 tablespoons sugar
- 1 tablespoon baking powder
- 3 tablespoons butter or margarine
- 3/4 cup milk
- 2 cups fresh strawberries, sliced
- 1 tablespoon sugar

Instructions

Preheat oven to 450 degrees. Spray a baking sheet with vegetable cooking spray. Set aside.

In a large bowl, sift together the flour, 2 tablespoons sugar and baking powder. Using a pastry blender or 2 knives, cut the butter into the flour mixture until coarse crumbs form. Quickly stir in the milk until a soft dough forms.

On a lightly floured surface, roll out dough to a 1/2-inch thickness. Using a 2 1/2-inch biscuit cutter, cut out biscuits. Gather trimmings, reroll, and cut out more biscuits. Place on prepared baking sheet. Bake until golden, about 12 to 15 minutes. Place biscuits on a wire rack and cool slightly.

Combine strawberries and 1 tablespoon sugar in a large bowl. Mix well.

Split warm biscuits in half horizontally. Place bottom halves on serving plates. Top each with some of the strawberries. Cover with biscuit tops. Serve with remaining strawberries. Top with fresh whipped cream.

Recipe Notes

Source: Tricia Broadbent, South Jordan Middle
8th Grade Life Skills, Food and Fitness

Strawberry Shortcakes

- 1 quart strawberries, sliced
- 1 cup sugar
- 1/3 cup shortening
- 2 cups flour
- 2 tablespoons sugar
- 3 teaspoons baking powder
- 1 teaspoon salt
- 3/4 cup milk

Instructions

Mix strawberries and 1 cup sugar, let stand 1 hour

Heat oven to 450 degrees

Cut shortening into flour, 2 tablespoons sugar, the baking powder and salt, until mixture resembles fine crumbs.

Stir in milk just until blended.

Gently smooth dough into a ball on lightly floured cloth-covered board.

Knead 20-25 times.

Roll to 1/2 inch thickness, cut with floured 3 inch cutter.

Place about 1 inch apart on ungreased cookie sheet

Bake until golden brown, 10-12 minutes.

Split crosswise while hot.

Spread with margarine, fill and top with whipped cream and strawberries.

Pat-in-the-Pan Shortcake:

Do not smooth dough into a ball. Pat in greased round pan 8 x 1 1/2 inches. Bake 15-20 minutes.

Recipe Notes

Source: Emalee Meyer, Bear River High School

Food for Life

Texas Fudge - Cake

- 2 sticks margarine
- 1/4 cup cocoa
- 1 cup water
- 2 cups flour
- 2 cups sugar
- 1/2 teaspoon salt
- 1/2 cup milk
- 2 eggs
- 1/2 teaspoon baking soda
- 1 teaspoon vanilla extract

Instructions

Preheat oven to 350 degrees. In mixing bowl mix flour, sugar, and salt together. In a medium saucepan, bring margarine (cut into 4 pieces), cocoa, and water to a boil. Slowly pour hot mixture over dry ingredients while beaters are going. Add milk, eggs, soda and vanilla. Blend well, but be careful not to over beat. Stir batter well with rubber scraper, making sure all ingredients are mixed in. Batter will be very wet. Pour into greased and floured (can use PAM) 16 x 12 inch jelly roll pan. Tap pan on counter 3-4 times to remove excess air bubbles. Bake for 25 to 30 minutes.

Measure all ingredients for frosting, but don't begin to cook it until the cake comes out of oven.

ICING:

- 1/2 c. margarine, dash of salt, 6 T milk,
- 1/4 c. cocoa, 1 t. vanilla, 3 3/4 c. powdered sugar.

Measure margarine, milk, cocoa, salt and vanilla into saucepan. Measure powdered sugar into mixer bowl. Just as the cake comes out of the oven, begin to make the frosting. Bring mixture to a boil, heat should not be too high to avoid scorching. Slowly pour over powdered sugar with mixer going and beat until smooth. Then stir with rubber scraper to be sure everything on the bottom is mixed in well. Pour (frosting should be quite thin) over the cake 10 minutes after removing from oven (using rubber scraper). Cool completely before cutting. (Can be put in refrigerator to quickly cool.) Cut into 24 squares.

Can use butter cream frosting and add 2 t. mint flavoring and 3/4 t. green food coloring. Splatter chocolate frosting over mint frosting if desired.

Recipe Notes

Source: Louise Chamberlain, Woods Cross High
Food Service/Culinary Arts

Texas Fudge Cake

- 2 cups butter
- 4 tablespoons cocoa
- 1 cup water
- 2 cups sugar
- 1/2 teaspoon salt
- 2 eggs
- 1/2 cup milk
- 1 1/2 teaspoons baking soda
- 1 teaspoon vanilla extract

Instructions

Bring margarine, cocoa and water to a boil. Pour over the flour, sugar and salt. Add eggs, milk, baking soda and vanilla. Mix. Bake for 30 minutes at 375 degrees in a 9 x 13-inch greased and floured pan. Just before cake is done mix the topping.

TOPPING

Bring 1/2 cup butter, 6 tablespoons milk, 4 tablespoons cocoa and 1 teaspoon vanilla to a boil. Pour mixture over 1 package of powdered sugar. Stir in 1 1/2 cups of chopped nuts. Pour topping over HOT Texas Fudge Cake as soon as it comes out of the oven.

Recipe Notes

Source: Annette Uhrhan, Kearns High
Food and Fitness, Food for Life, Food Service/Culinary Arts

Upside Down Cake - Microwave

- 2 tablespoons margarine
- 1 can cherry pie filling, canned
- 1 yellow cake mix

Instructions

Microwave margarine in microwave cake pan until melted, about 30 seconds. Stir in 1/2 can pie filling, spread evenly. Prepare cake mix as directed on package, cutting the water by 1/4. Spoon over pie filling, spread to cover. Cook uncovered 9-11 minutes or until toothpick inserted near the center comes out clean. Loosen edge of cake; turn upside down on serving plate.

Recipe Notes

Source: Penny Bushman, Payson Junior High School
Food and Fitness

Upside Down Cake - Cherry Microwave

- 2 tablespoons butter
- 1/3 cup brown sugar
- 1 8 oz. can pineapple rings
- 1/4 cup pecan
- 1/4 cup maraschino cherries
- 2 1/2 cups yellow cake mix
- 1 egg
- 1/2 cup pineapple juice

Instructions

Melt butter in 8 x 8 inch microwave pan.

Sprinkle brown sugar over butter.

Arrange pineapple on brown sugar.

Arrange cherries and nuts around pineapple.

Combine cake mix with egg in mixing bowl.

Stir in pineapple juice.

Pour batter into pan; spread.

Bake 4 minutes, 15 seconds in a microwave oven.

Remove cake; cover corners with foil.

Return to microwave oven; bake 4 min. 15 sec.

Remove, unmold onto plate. Serve.

Recipe Notes

Source: Judith Rachford, Hillcrest Jr. High
Food and Fitness

Upside Down Cake - Chocolate Cherry

- 2 unsweetened chocolate squares
- 1 can sweetened condensed milk
- 1/4 cup water
- 1 teaspoon vanilla extract
- 1/2 egg
- 1/2 cup water
- 1 1/2 teaspoons cherry juice
- 2 tablespoons vegetable oil
- 1/2 box cake mix
- 4 maraschino cherries, cut in half

Instructions

Frosting:

Melt chocolate in microwave dish, add water, milk, vanilla, and stir once every minute until blended. (In microwave)

Cut wax paper or saran wrap to line bottom of microwave baking dish and then put cherry halves on top of paper or wrap.

Pour chocolate mixture over cherries. Prepare cake batter and POUR over chocolate.

DO NOT MIX FROSTING AND BATTER TOGETHER!

Batter:

Mix egg, 1/2 cup water, cherry juice, and oil.

Add cake mix and stir 3 minutes at high speed.

Cook for 4 minutes then turn dish half way around and cook for another 4 minutes.

When cake is done, turn it up side down and peel off paper.

Recipe Notes

Source: Linda Groves, Lone Peak High School

Upside Down Cake - Pineapple

- 1/4 cup butter or margarine
- 1/2 cup brown sugar
 - 1 pound pineapple rings, drained, 20 oz.
 - 8 maraschino cherries
- 1 1/4 cups flour, sifted
- 3/4 cup sugar
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/4 cup shortening
- 1/2 cup milk
- 1 egg
- 1 teaspoon vanilla extract

Instructions

Preheat oven 350 degree. Melt butter in 8 or 9 inch pan in oven.

Blend in brown sugar, arrange pineapple slices over brown sugar mixture. Place a cherry or nut half in center of each pineapple slice.

Sift flour with sugar, baking powder and salt into mixing bowl. Add shortening and milk. Blend well at low speed of mixer.

Beat 1 1/2 minutes at medium speed or 225 strokes with a spoon. Add egg and vanilla extract, continue beating 1 1/2 minutes at low speed.

Spoon batter over fruit. Bake at 350 degrees for 40-50 minutes, until cake is golden brown and springs back when lightly touched in center.

Cool 5 minutes. Loosen sides with spatula and invert onto cake plate.

Let stand about 1 minute before removing pan.

Serve warm or cold with whipping cream.

For apricot upside-down cake substitute a 1- pound can apricot halves, drained.

For peach upside-cake cake substitute a 1- pound can sliced peaches, drained.

Recipe Notes

Source: Robin Gumbrecht, Sunset Junior High School
Food and Fitness

Upside Down Cake - With Pineapple

- 1/2 yellow cake mix, prepared
- 2 tablespoons margarine
- 1/3 cup brown sugar
- 4 pineapple rings
- 4 maraschino cherries

Instructions

In a microwave-safe bundt pan, melt the margarine.

Sprinkle the brown sugar on top of the melted margarine. Lay the pineapple rings and cherries in a decorative pattern on top of the brown sugar/butter.

Pour prepared cake batter on top of the fruit, filling the pan half full.

Place pan on an inverted plate in the center of the microwave.

Microwave on 50% (MEDIUM) power for 2-6 minutes during the cooking time.

Rotate the dish 1/4 turn every two minutes during the cooking time.

Microwave on HIGH power 2-6 minutes or until cake begins to pull away from the sides of the pan and bounces back when touched lightly with your finger.

Remove cake from the microwave. Cover with a plate. Let stand for 2-3 minutes.

Turn cake out onto a plate.

Let stand for 2-3 minutes before cutting so the cake is not too crumbly.

Recipe Notes

Source: Connie Snow, Indian Hills Middle
TLC