

# Salt and Serenity

## Multi Grain Salted Caramel Apple Cake

Adapted from [Good to the Grain](#) by Kim Boyce

### Caramel:

1/3 cup butter

3/4 cup golden brown sugar

3 Tablespoons whipping cream (35%)

### Apples:

2 large tart apples (Honeycrisp or Granny Smith), peeled and cored

2 Tablespoons sugar

1 teaspoon cinnamon

### Dry Ingredients:

3/4 cup all-purpose flour

3/4 cup graham flour

3/4 cup whole-grain pastry flour

1/3 cup sugar

1/3 cup golden brown sugar

1 teaspoon baking powder

1/2 teaspoon baking soda

1 tablespoon cinnamon

1 teaspoon kosher salt

### Liquid Ingredients:

4 tablespoons unsalted butter, melted and cooled slightly

1 cup whole milk

1/4 cup whole plain yogurt

2 large eggs

1. Preheat the oven to 350°F, with the rack positioned in the middle of the oven.
2. Butter a 10-cup capacity Bundt pan, or a 9 inch round cake pan with 2 inch high sides. Set aside.
3. In a saucepan melt 1/3 cup butter. Add brown sugar and cook over medium heat, whisking until mixture comes together and thickens

slightly, about 4 minutes. Remove from heat and whisk in cream. Transfer to a small bowl and set aside to cool.

4. Dice apples into ½ inch pieces. Place diced apples in medium sized bowl and toss well with 2 tablespoons sugar and 1 teaspoon cinnamon. Set aside.
5. Sift the dry ingredients into a large bowl and set aside.
6. Whisk together the wet ingredients until thoroughly combined. Using a spatula, scrape the wet ingredients into the dry ingredients and gently mix until combined. Add sugar-cinnamon coated apples to batter and mix well. Scrape the batter into the prepared pan. Drizzle about 4 tablespoons of caramel sauce over top of cake. Using a knife, swirl the caramel gently into the cake. Reserve the remaining caramel sauce to serve on the side.
7. Bake on the middle rack for 40-45 minutes, rotating the pan halfway through baking. The cake is ready when it is golden brown and springs back when lightly touched, or when a skewer inserted in the center comes out clean. Serve the cake warm or at room temperature, with salted caramel sauce spooned over cake slices.