

Salt and Serenity

Apple Caramel Cake

I learned how to make this cake from Dinah Koo when I worked at her gourmet take out food shop Dinah's Cupboard, in Toronto. This was a staple at the shop, and it was my job to make this cake everyday for the entire year that I worked there. We baked it in a 9 x 13 rectangular pan but I thought it would be more festive in a Bundt pan. You could also bake it in mini Bundt pans. It makes enough batter for 10 mini cakes. See directions for mini-cakes in note below.

3 Honey Crisp, peeled and cored
63 grams (5 tablespoons) granulated sugar
13 grams (5 teaspoons) ground cinnamon
198 grams (1 cup) vegetable oil or coconut oil (not virgin)
4 large eggs
1 teaspoon orange zest
66 grams (¼ cup) orange juice
1 tablespoon vanilla extract
390 grams (3 cups) all-purpose flour
1 tablespoon baking powder
1 teaspoon salt
396 grams (2 cups) sugar

For caramel glaze:

113 grams (½ cup) unsalted butter
107 grams (½ cup) brown sugar
57 grams (¼ cup) whipping cream

1. Preheat oven to 375°F. Generously grease a 10 cup Bundt pan with vegetable shortening, and then give it a light spray with Pam, to ensure that you didn't miss any spots. Set aside.
2. Cut each apple into 12 wedges and combine with 5 tablespoons of sugar and cinnamon in a small bowl.
3. In a large mixing bowl, beat together the oil, eggs, orange zest, juice and vanilla.

4. Sift together flour, baking powder, salt and sugar. Add all at once to the oil and egg mixture and stir lightly with a rubber spatula, just until blended. This is a very thick batter.
5. Spread 1/3 of the batter into the Bundt pan. Arrange 1/2 the apple wedges on the batter. Spread 1/2 of the remaining batter over the apples. Arrange the rest of the apples over the second layer of batter. Spread the remaining batter over the apples and sprinkle excess sugar and cinnamon from the apples over the top of the cake. Bake for about 45 to 55 minutes, until a wooden skewer inserted into the middle of the cake comes out clean, or an instant read thermometer registers 200°F. The baking time will vary depending on the shape and depth of your Bundt pan. I suggest checking at 45 minutes and then every 5 minutes. I like the certainty of an instant read thermometer.
6. During the last 10 minutes of baking the cake, combine butter, brown sugar and whipping cream in a small saucepan to make glaze. Bring to a boil over medium heat and whisk until melted and smooth. While cake is still hot, make holes with the blunt end of a wooden skewer all over the cake and pour on the warm glaze. Let cake cool, in the pan, on a rack. **Do not remove from pan until totally cool. Allow at least 4-6 hours to cool.**
7. Invert cake and give a sharp tap on the bottom to release from pan. Dust with icing sugar if desired.

Note: If you are making mini cakes, cut apples into a half inch dice, instead of wedges. When layering, spread half the batter on the bottom of the mini pans. Top with all the diced cinnamon sugar apples, and then cover with remaining half of the batter. All other instructions are the same.