

Pineapple Right-Side-Up Cake

Adapted by Our Young Chefs from "Lighten Up, Y'all," Virginia Willis
Makes one 9-inch round or 8-inch square cake OR 12 standard-size cupcakes

Pineapple tossed with brown sugar and dabbed with butter excels as a topping for this pineapple right-side-up cake. Replacing oil or butter with applesauce is a great way to add moisture and flavor to your baking while cutting fat and calories. Typically, it's a one-to-one ratio for most baked goods (replace the fat with an equal amount of applesauce) except cookies, but be aware that it can change the texture.



INGREDIENTS

Vegetable oil OR
vegetable oil
spray



*Optional:
Pineapple
right-
side-up
cupcakes*

DIRECTIONS

If making a CAKE, prepare the baking pan: Preheat the oven to 350°F. Lightly coat the bottom and sides on the inside of a 9-inch round cake pan, 9-inch springform pan OR an 8-inch square pan with oil using a pastry brush OR lightly coat with oil spray; set aside.

If making CUPCAKES, prepare the muffin tin: Preheat the oven to 375°F. Line a standard-size cupcake pan with 12 baking cup/liners; spray each paper cup with a light coat of oil spray. Set aside until needed later.

- 1 20-ounce can pineapple chunks, drained
- 2 tablespoons (0.95 ounces) firmly packed dark brown sugar

Prepare the pineapple topping: Use a small colander OR sieve to drain the pineapple chunks; save the drained juice to add to fruit juice, lemonade or other purpose (*not in this recipe*). In a small bowl combine the drained pineapple with the brown sugar. Set aside.

- 2 tablespoons (1 ounce) unsalted butter, melted
- Pinch salt

Melt the butter: In a 1-cup liquid measuring cup, combine the butter and salt. Place in the microwave; heat on high power for 25 to 30 seconds. Set aside.

Alternate method to melt the butter: Place the butter in an oven-proof 1-cup liquid measuring cup or small bowl, place in the preheating oven to melt the butter for about 5 minutes while preparing the cake batter; if the butter browns a little that is not a problem, but watch it so the butter does not burn. Remove from the oven; set aside.

- $\frac{3}{4}$ cup (3.4 ounces) unbleached all-purpose flour
- $\frac{3}{4}$ cup (3.4 ounces) white whole wheat flour
- $\frac{2}{3}$ cup (4.65 ounces) sugar
- $\frac{3}{4}$ teaspoon freshly grated nutmeg (*optional*)
- 1 teaspoon baking powder
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{4}$ teaspoon salt (*generous*)

Prepare the dry ingredients for the batter: In a medium-size mixing bowl, combine the all-purpose flour, whole wheat flour, sugar, nutmeg (*optional*), baking powder, baking soda and salt; stir with a whisk to blend the dry ingredients. Set aside.

*Optional:
The cake
can be
baked in a
9-inch
springform
pan*



1 large egg
1 large egg white
 $\frac{2}{3}$ cup (5.4 ounces) low-fat
buttermilk
 $\frac{1}{3}$ cup (2.8 ounces) unsweetened
applesauce
 $1\frac{1}{2}$ teaspoons vanilla extract
(measure generously)

Prepare the wet ingredients for the batter: In a small bowl *OR* 2-cup liquid measuring cup, combine the **egg, egg white, buttermilk, applesauce** and **vanilla**. Use a fork *OR* small whisk to *stir vigorously* to combine.

Bowl/cup of wet/liquid ingredients
(prepared above)
Bowl of dry ingredients *(prepared earlier)*

Prepare the cake batter: Pour the **wet/liquid ingredients** *into* the **dry ingredients**; gently stir using a flexible spatula, blending *just until* the **dry ingredients** are moistened. *Do not over-mix.* *

Pineapple chunks/dark brown sugar
mixture *(prepared earlier)*
Melted butter *(prepared earlier)*

If making a CAKE, arrange the batter and pineapple in the pan: Scrape the **cake batter** into the **prepared round or square cake pan**; smooth the top of the **cake batter** using a metal or flexible spatula. Evenly and gently distribute the

pineapple/brown sugar mixture over the top surface of the **cake batter**; drizzle the **melted butter** evenly over the **pineapple**.

Bake: Transfer the **cake** to the oven; bake at 350°F about 45 minutes, until the **pineapple topping** is golden brown, the edges of the **cake** begin to pull away from the sides of the **pan** *OR* until the center of the **cake** registers 204° to 208°F on an instant-read thermometer. Halfway through baking, rotate the **pan**.

If making CUPCAKES, portion the batter and pineapple: Divide the **batter** evenly among the 12 **prepared muffin cups**; the **batter** will fill each **cupcake liner** about **two-thirds** ($\frac{2}{3}$) full. For convenience, use a $\frac{1}{2}$ -cup measuring cup, a standard-size ice cream scoop *OR* a #16/blue-handled disher to scoop the batter into each **cupcake cup**. Evenly and gently distribute the **pineapple/brown sugar mixture** over the top surface of the **cupcakes**; drizzle $\frac{1}{2}$ **teaspoon** of the **melted butter** over the **pineapple** on each **cupcake** (using a total of 2 **tablespoons melted butter** for all of the **cupcakes**).

Bake: Transfer the **cupcake pan** to the oven; bake at 375°F for 14 to 18 minutes, until the **pineapple topping** is golden brown, the edges of the **cake** begin to pull away from the sides of the **pan** *OR* until the center of the **cake** registers 204° to 208°F on an instant-read thermometer. Halfway through baking, rotate the **pan**.

Cool briefly and serve: When baked, remove the **cake** *OR* **cupcakes** to a wire rack to *cool for 10 minutes*. Cut the **cake** with a serrated knife *OR* Remove the **cupcakes** from the pan; set on a wire rack. Serve warm or at room temperature. Store leftovers in an airtight container at room temperature for up to 3 days.

* Because this cake batter contains no fat or oil the slightest amount of over-mixing begins to develop the gluten in the protein part of the flour, resulting in an undesirable firm/ chewy texture for the cake.
