

French Apple Cake

Do not omit the rum, as it adds richness and flavor to the cake. But if you do not want to bake with alcohol, double the amount of vanilla. Epicurious is posting the same recipe calling it Marie-Hélène's Apple Cake. There are many helpful comments on the post like substituting calvados for rum. I am going to stick with the rum but it would be interesting to find out. This is a beginners cake, so anyone can bake it and it is done in no time—perfect for the home cook. It is important to use a variety of apples for flavor and taste. I like playing with recipes, so I added my own twist. I used the apple peels to make a thick syrup that I added to the cake after it was baked, which is totally optional.

Ingredients:

3/4 cup (110g) flour
3/4 tsp baking powder
pinch of salt
4 large different kind of apples (4-5 cups)
2 large eggs at room temperature
3/4 tsp (150g) sugar
3 TBS dark rum
½ tsp vanilla extract
8 TBS (115g) butter, melted
1 TBS lemon juice

Apple Syrup (optional)

peels from the apples
¼ cup sugar
½ cinnamon stick
2 cups of water

Directions:

The cake:

Melt the butter in the microwave and let it cool. Preheat the oven to 350° Fahrenheit (180° Celsius) and put your rack in the middle of the oven. Spray or butter a 9-inch (20-23cm) baking pan with a removable bottom. Whisk together the flour, baking powder and salt. Peel and core the apples. Save the apple peels. Dice the apples into bite-size pieces and sprinkle with lemon juice. Beat the eggs with an electric mixer until foamy. Then add the sugar and beat until smooth. Add the rum and the vanilla and mix together. Stir in half the flour mixture, then half of the melted butter. Repeat with the rest of the flour and butter. Just stir enough to combine the ingredients. With a spatula, fold in the apple pieces, making sure they are well coated with the batter. Scrape the mixture into the baking pan. Smooth the top with your spatula. Put the pan on a baking sheet and bake for about 50 minutes (up to an hour) until a toothpick inserted in the middle comes out clean. Let the cake cool for about 5 minutes, run a knife around the edges to loosen the cake and carefully remove the sides of the cake pan.

If you make the syrup with the apple peels, sprinkle it on top of the cake. Serve the cake with whipped cream. Ok, you can use ice cream if you prefer..

The syrup:

2 cups apple peels (packed in).

¼ cup sugar

2 cups water

While the cake is baking, cook the apple peels for about 10-20 minutes. Strain the liquid through a sieve into a bowl. Put the syrup back into the pot and boil to reduce the liquid until it becomes a thick syrup. Spoon onto the the top of the cake.

Cooking the apple peels in water and straining them also makes a great apple juice.

Recipe by Dorie Greenspan adapted by David Lebovitz
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