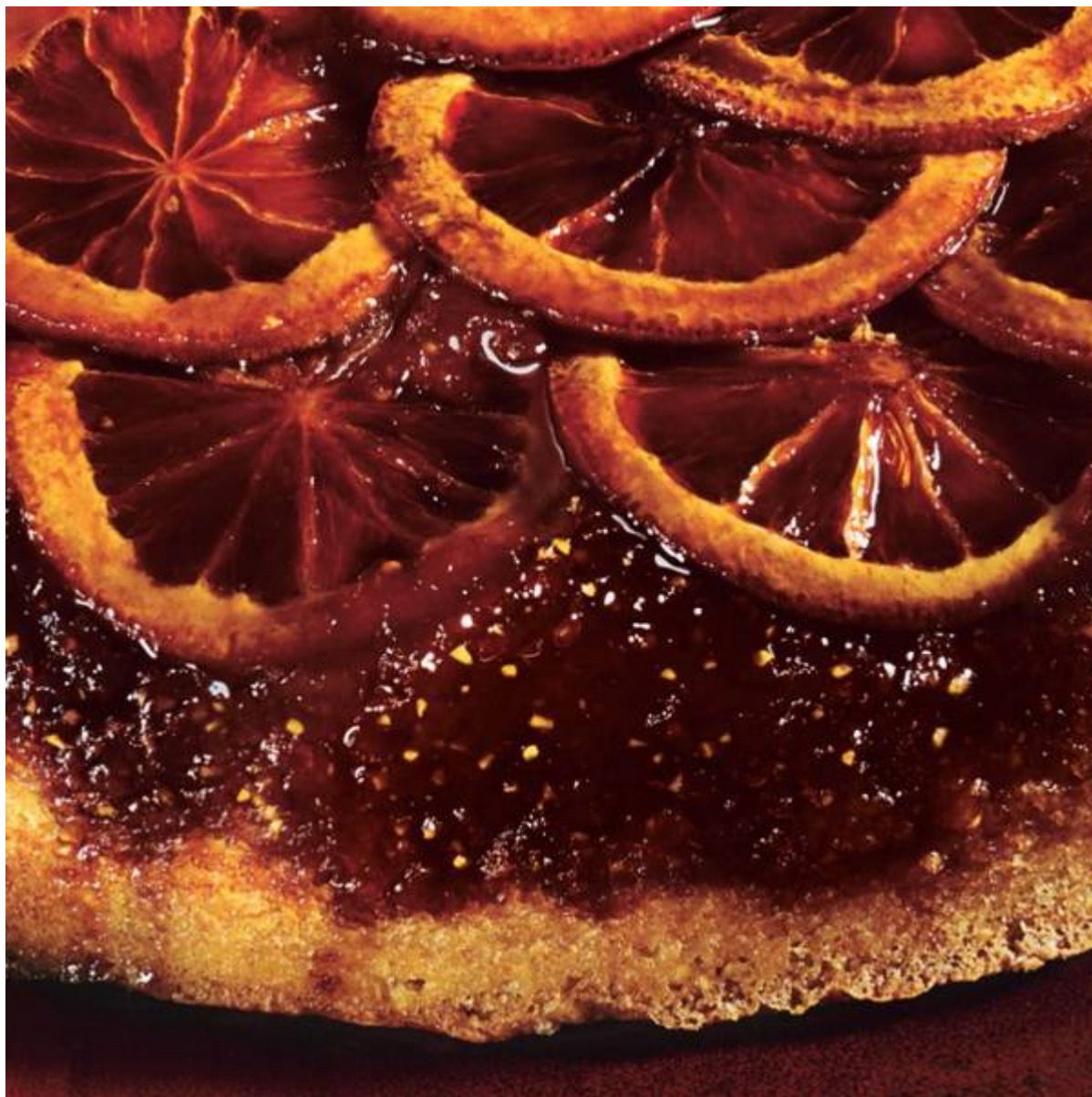


Blood Orange Polenta Upside-Down Cake



Ingredients

- 7 tablespoons sugar, divided, plus 3/4 cup sugar
- 3 tablespoons water
- 8 tablespoons (1 stick) unsalted butter, room temperature, divided
- 3 unpeeled small to medium blood oranges
- 3/4 cup plus 3 tablespoons unbleached all purpose flour
- 3 tablespoons polenta or coarse yellow cornmeal (preferably stone-ground)
- 1 1/2 teaspoons baking powder

Info

- **Prep:** 0
- **Cook:** 45
- **Serves:** 8
- [Source](#)

☆☆☆☆☆ from 0 votes

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Rate

[cake](#), [oranges](#), [cornmeal](#), [polenta](#)

- 1/4 teaspoon coarse kosher salt
- 3/4 teaspoon vanilla extract
- 2 large eggs, separated
- 6 tablespoons whole milk

Directions

1. Position rack in center of oven and preheat to 350°F. Combine 6 tablespoons sugar and 3 tablespoons water in 10-inchdiameter ovenproof skillet with 8-inchdiameter bottom and 2 1/2-inch-high sides. Stir over medium heat until sugar dissolves. Increase heat and boil without stirring until syrup is golden amber (not dark amber), occasionally brushing down sides of skillet with wet pastry brush and swirling skillet, about 4 minutes. Remove skillet from heat and whisk 2 tablespoons butter into caramel. Set aside.
2. Cut off both rounded ends of each orange so that ends are even and flat. Using sharp knife, cut oranges into 1/16- to 1/8-inchthick rounds. Remove and discard any seeds. Arrange orange slices, overlapping slightly, in concentric circles atop caramel in bottom of skillet.
3. to blend. Using electric mixer, beat 3/4 cup sugar, remaining 6 tablespoons room-temperature butter, and vanilla in another medium bowl until light and fluffy. Add egg yolks 1 at a time, beating well after each addition. Add flour mixture in 3 additions alternately with milk in 2 additions, beating batter just until incorporated.
4. Using clean dry beaters, beat egg whites in large bowl until soft peaks form. Add remaining 1 tablespoon sugar and beat until stiff but not dry. Fold 1/3 of egg whites into batter to lighten, then fold in remaining egg whites in 2 additions. Drop batter by large spoonfuls atop orange slices in skillet, then spread evenly.
5. Bake cake until tester inserted into center comes out clean, about 45 minutes. Cool cake in skillet 10 minutes. Run small knife around cake to loosen. Place platter atop skillet. Using oven mitts, hold platter and skillet firmly together and invert, allowing cake to settle onto platter. Rearrange any orange slices that may have become dislodged. Cool cake completely at room temperature.
6. Using electric mixer, beat chilled crème fraîche and 2 tablespoons sugar in medium bowl until mixture thickens.

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