



Apple Cake



Irish apple cake is less sweet than American's think of cake. There are so many variations. Some are heavy like bread, others light; some cooked in a deep plate, others in a cake pan. This recipe can be altered between a heavier bread to a light cake by choosing different flours.

Prep: 25 min **Cook:** 45-60 min **Total:** 1:10 hrs - 1:25 **Servings:** 8 **Oven:** 350°

Ingredients

3c plus 3 tbp flour, divided
1 tbs. baking powder
3/4 tsp. salt
1/2 tsp. ginger
1 tsp. ground cinnamon
1/4 tsp. ground allspice
1/4 tsp. freshly ground nutmeg
1 c. granulated sugar
3/4 c. medium soft butter, cut into small cubes
3 large eggs
3/4 c. heavy cream
2 tsp. pure vanilla extract
1 1/2 lb. (~3 large) granny smith apples, thinly sliced into 1/4-inch pieces
3 tbs. white sugar, for topping

Custard Sauce

6 large egg yolks
6T-1/2 cup sugar
1 1/2 cups whole milk or cream
pinch of salt
1 1/2t vanilla

Notes: We used whole wheat pastry flour. To make a lighter cake use white flour, white pastry flour, or cake flour for an even lighter result.

Directions

CAKE

- Preheat oven to 350°. Oil (and flour if desired) a 9" cast iron pan or butter a spring form pan and line the sides and bottom with parchment.
- In a medium bowl, whisk together 3 cups flour, baking powder, salt, spices, and sugar. Add cubed butter and incorporate with your hands or a pastry knife until the mixture is fine pebbles or like sand.
- Whisk eggs, heavy cream, and vanilla, then add to flour mixture.
- Coat sliced apples with remaining 3 tablespoons, then fold into batter.
- Transfer cake batter (it will be very thick) to prepared pan and press down with a spoon to even. Sprinkle with granulated sugar, if desired.
- Bake until apples are very tender and a toothpick inserted into the center comes out clean, about 1 hour and 20 minutes.
- Let cool completely in the pan before removing.
- Serve warm or room temperater with butter or add custard sauce

CUSTARD SAUCE

- Combine the milk and pinch of salt in a medium sized saucepan and bring to just under a boil. Do not let boil or the mixture will cook the eggs.
- In medium size bowl, whisk together the egg yolks and sugar until smooth and well mixed (~3 min by hand).
- Slowly, add the hot milk to the eggs/sugar a little bit at a time whisking constantly.
- Pour the mixture back into the sauce pan and stir over medium heat. The custard will gradually thicken (~4 minutes). Consistency should be thick enough to coat the back of a spoon. This is a sauce vs a pudding so should be pourable.
- Remove from heat and stir in vanilla.