

PREPARATION: 30 MINUTES

COOKING: 40 MINUTES

12 SERVINGS

# PEAR AND GINGER UPSIDE DOWN CAKE



## INGREDIENTS

### Syrup

*3 slices fresh ginger*

*½ cup sugar*

*2 tablespoons lemon juice*

*2 tablespoons water*

### Cake

*1 can (796ml) halved pears in juice, drained and sliced*

*1 ½ cup flour*

*1 teaspoon cream of tartar*

*½ teaspoon baking soda*

*½ cup unsalted butter, softened*

*½ cup sugar*

*2 eggs*

*1 teaspoon vanilla*

*1 tablespoon lemon zest*

*1 tablespoon fresh ginger, grated*

*½ cup milk*

## Nutrient Analysis

### PER SERVING:

1/12 of recipe

### RENAL EXCHANGE:

2 Starch + 1 Fruit

Calories	234 Kcal
Protein	3g
Carbohydrates	35g
Fibre	1g
Total Fat	9g
Saturated Fat	6g
Cholesterol	54mg
Sodium	72mg
Potassium	132mg
Phosphorus	47mg

## PREPARATION

- 1 Preheat oven to 375°F.
- 2 In a microwave-safe deep bowl or measuring cup, prepare the syrup. Crush the ginger slices with a wooden spoon. This unleashes the flavour of ginger. Add sugar, lemon juice and water. Heat in the microwave for 2 minutes. Then stir to dissolve the sugar. Add more time in the microwave if the sugar is not completely dissolved. Remove remaining pieces of ginger. Pour the mixture into a 9-inch cake pan. Place the pear slices on top and set aside.
- 3 In a small bowl, mix the flour, cream of tartar and baking soda. Set aside.
- 4 In a bigger bowl, with the help of an electric mixer, mix butter and sugar for about 2 minutes until smooth. Add the eggs and continue to mix for 2 minutes. Add vanilla, lemon zest and grated ginger.
- 5 With the help of a wooden spoon, slowly add the dry ingredients from step 3 and milk while alternating.
- 6 Pour the mixture into the cake pan over the pear slices. Use a spoon to distribute the mixture evenly. Bake in the oven for 40 minutes or until a toothpick inserted in the centre comes out clean. Take out of the oven and let cool for 10 minutes.
- 7 Cut around the edge of the cake, place a large plate on top and flip the cake upside down.