



PRUE'S CARAMELISED ORANGE & POLENTA UPSIDE DOWN CAKE

HAIGHOUSING.ORG.UK/TEA-FOR-VE

*Celebrate VE Day 80 with a
special recipe from Prue Leith...*

PREP TIME: 30 MINUTES / COOK TIME: 1 HOUR / SERVINGS: 10

Ingredients

For the Caramel

120g caster sugar
½ tsp lemon juice
Juice of 1 large orange
40g cold unsalted butter,
cut into cubes

Method

For the Sponge

155g unsalted butter at room temperature
155g caster sugar
Grated zest of 1 orange (regular or blood orange)
2 large eggs
155g ground almonds
70g polenta
½ tsp baking powder
A pinch of table salt
1 - 2 oranges

- Preheat oven to 180°C/fan 160°C/gas mark 4. Grease a 20cm round cake tin (not springform) and line the base with baking parchment.
- For the caramel, heat sugar, lemon juice, and a little water in a saucepan over gentle heat until golden. Add orange juice carefully, boil for 3 minutes, then whisk in butter. Pour caramel into the tin.
- Peel and slice oranges (5mm thick), arranging them neatly on the caramel.
- For the sponge, cream butter, sugar, and orange zest until fluffy. Add eggs one at a time. Mix almonds, polenta, baking powder, and salt separately, then combine with the wet ingredients.
- Pour mixture over the oranges and smooth the top. Bake for 1 hour, covering with foil for the last 15 minutes if browning.
- Cool in the tin for 30 minutes, then turn out before completely cool. Serve plain or with cream, ice cream, or crème fraîche.