

Dutch Apple Cake

This family favorite was clipped from *The Boston Globe's* Chat section ~ a precursor to the Internet discussion board of today. The recipe was submitted by "Irish Indian;" you could almost count on her recipes to be good before ever even trying them.

Irish Indian writes:

Sisters - Apple time is here again! This tasty recipe will help use them up. This is slightly different than most apple cakes. Try it and see. [Notes in brackets below are my comments.]

INGREDIENTS

1 1/2 cups flour
1/3 cup sugar [3 Tablespoons here]
2 teaspoons baking powder
1/2 teaspoon salt
1/3 cup shortening [use Smart Balance or other substitute for shortening]
1 egg
1/2 cup milk
3 medium apples, pared and sliced [the more apples the better; I prefer 6 apples]
1/2 teaspoon cinnamon [and sugar reserved from above]
2 Tablespoons butter
3 Tablespoons maple syrup or corn syrup

INSTRUCTIONS

Mix together, flour, 3 tablespoons of the sugar, the baking powder and salt. Cut in shortening [or butter substitute] until crumbly, add egg and milk and mix to a soft dough. Spread in shallow greased and floured pan. Place apples on dough, overlapping slices. Combine remaining sugar, cinnamon and sprinkle over apples, dotting with butter. Bake in 350 degree oven about 30 minutes. Pour syrup over apple topping while still warm.

Recipe from Irish Thymes www.irishthymes.com