

Baking with Molasses



PEAR & MOLASSES UPSIDE-DOWN CAKE

Serves: 10

20g	butter, melted
1/4 cup	Chelsea Soft Brown Sugar
1 Tbsp	Chelsea Blackstrap Molasses
2	firm ripe pears, peeled & sliced into 8's
2 cups	self-raising flour
1 tsp	baking soda
2	eggs
1 cup	milk
1/2 cup	Chelsea Soft Brown Sugar
1/3 cup	Chelsea Blackstrap Molasses
1/2 cup	plain oil
2 tsp	ground ginger

Method

Preheat oven to 170°C. Line a 23cm cake tin with baking paper.

Combine melted butter with brown sugar and first lot of molasses. Spread half of the mixture over the base of the tin. Arrange the pear slices in a decorative pattern over the base and top with the remaining mixture.

In a food processor combine the remaining ingredients and process until smooth. Pour the batter over the pears and place the tin on a baking tray. Bake for 60-65 minutes until puffed and dark golden. Test with a skewer to ensure the centre is cooked. Leave to rest for 5 minutes before inverting onto a serving plate.

Serve with custard, cream or ice cream.

Variations

- Try using apples or tinned pear slices if pears aren't in season.
- Make a delicious syrup by combining 1/4 cup **Chelsea Golden Syrup** with 1/4 cup **Chelsea Blackstrap Molasses** and drizzle over sliced cake.

MOLASSES NUTRITION

Delicious and full flavoured, Chelsea Blackstrap Molasses is a versatile syrup full of natural minerals from sugar cane.

Just two teaspoons of molasses (the amount in one slice of this cake) provides 19% of the RDI* for calcium and 15% of the RDI* for iron.

*RDI = Recommended Daily Intake



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