Patti LaBelle’s Peach Upside-Down Cake

I picked this recipe because it really reminds me of my mother. She made the best peach upside-down cake in the world and every time I make it, it brings back all those great memories of cooking with her and learning from her. It just reminds me of my childhood and being around all of my family!

I like to use an 8-inch (20 cm) cast iron skillet when I make this cake. If you can’t find fresh peaches, you can use two 15-ounce cans of sliced light freestone peaches in extra light syrup, drained.

SERVES 10

2 tablespoons packed light brown sugar
2 tablespoons brown sugar substitute
⅝ cup (⅔ oz /18 g) sugar substitute, divided
2 tablespoons plus ⅔ cup (2⅔ oz /75 g) margarine
2 ripe peaches, peeled, pitted and sliced (about 2 cups)
½ teaspoon grated nutmeg
1½ cups (6 oz /180 g) cake (soft-wheat) flour
⅓ teaspoon baking powder
¼ teaspoon salt
3 tablespoons sugar
1 egg
1 teaspoon vanilla extract (essence)
1 teaspoon butter flavor extract (essence)
½ cup (4 fl oz /125 ml) fat-free half and half

1. Preheat oven to 350˚F (180˚C).
2. In a small bowl, stir together the brown sugar, brown sugar substitute, and ⅛ cup of the sugar substitute.
3. In an 8-inch or 10-inch ovenproof skillet, melt 2 tablespoons of the margarine. Sprinkle evenly with the sugar mixture. Arrange the peach slices in the pan in overlapping concentric circles starting from the center. Sprinkle with nutmeg.
4. In a medium bowl, combine the flour, baking powder and salt.
5. In a large bowl, beat the remaining ⅔ cup margarine until light, about 30 seconds. Beat in the sugar and remaining ⅔ cup sugar substitute until light and fluffy, about 30 seconds.
6. Beat in the egg, vanilla extract (essence), and butter flavor extract (extract).
7. Beat in the flour mixture alternately with the half and half, beating for 30 seconds. Spoon the batter over the peaches.
8. Bake until lightly golden and a toothpick inserted in the center of the cake comes out clean, 30 to 35 minutes. Invert onto a serving plate and replace any topping that might have fallen off.

Nutrition per serving: calories 196; kilojoules 819; protein 3g; carbohydrate 27g; total fat 9g; saturated fat 2g; monounsaturated fat 4g; cholesterol 21mg; fiber 1g.