

Serve this warm upside down cake with lightly sweetened whipped cream.

Side 1 Cut Out Below

SUMMER FRUIT AND POLENTA CAKE *Serves 6 to 8*

4 tablespoons unsalted butter
1 1/2 cups packed light brown sugar
2 cups blueberries, blackberries, or raspberries
2 cups 1/2-inch slices freestone peaches or nectarines
1/2 cup polenta or coarsely ground cornmeal
1 cup all-purpose flour
1 teaspoon baking powder
1/4 teaspoon salt
3 large eggs, at room temperature
2 tablespoons Napoleon Olive Oil
2 teaspoons vanilla



1. Preheat the oven to 375°F. In a 10-inch cast-iron skillet, melt the 4 tablespoons of butter with 3/4 cups of the brown sugar over medium heat. Stir until the sugar is melted and smooth and stir in the berries and peaches. Remove from the heat and set aside.
2. In a medium mixing bowl, stir together the polenta, flour, baking powder, and salt.
3. In the bowl of an electric mixer, beat the eggs and remaining 3/4 cups sugar until light, about 4 minutes. Beat in the olive oil and vanilla. Mix the dry ingredients into the batter, just until combined. Spoon over the fruit and smooth out with a spatula. Bake until the cake springs back when touched, about 20 minutes. Let cool in the pan 10 minutes, then cover with a platter and invert. Serve warm.

Side 2 Cut Out Below

Approximate Nutritional Analysis per 1/16 Recipe

Calories 450
Calories from Fat 145
Total Fat (g)16
Saturated Fat (g)7
Cholesterol (mg)128
Sodium (mg)220
Carbohydrate (g)72
Dietary Fiber (g)4
Sugars (g)41
Protein (g)7
Vitamin C (%DV)17
Vitamin A (%DV)17
Calcium (%DV)9
Iron (%DV)14

Copyright 2002 Napoleon Olive Oil Company