

Pineapple upside down

Cuisine: English
Food category: Desserts



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Company: Retigo UK



Program steps

Preheating:

170 °C

1

 Hot air

 100 %

 Termination by time

 00:21 hh:mm

 170 °C

 100 %



Ingredients - number of portions - 1

Name	Value	Unit
Pineapple	1	pcs
Unsalted butter	50	g
Caster sugar	50	g
Egg	1	pcs
Self raising flour	50	g
Milk	20	ml
Vanilla extract	10	ml
Clotted Cream	20	g
Macerated cherries	5	pcs
Golden syrup	40	ml

Nutrition and allergens

Allergens: EGG, Gluten
Minerals: Calcium, Iron, Magnesium, Phosphorus, Potassium, Selenium, Sodium, Zinc
Vitamins: A, B12, D, E, Folate, Niacin, Riboflavin, Thiamin, Vitamin B6, Vitamin C

Nutritional value of one portion	Value
Energy	2152.5 kJ
Carbohydrate	88.8 g
Fat	47.7 g
Protein	5.8 g
Water	6.5 g

Directions

- 1.Cream together Butter and sugar until light and fluffy
- 2.Beat in 1 egg and vanilla extract
- 3.Fold in self-raising flour, then loosen with 1 tbsp if needed
- 4.Grease 10cm round cake tin or ramekin,
5. Place pineapple ring in bottom of tin and add 3 tbsp (45ml) of golden syrup
- 6.Spoon the batter mix over the pineapple and level with the surface of the tin
7. place in oven and bake at 170 for 17-20 Or until golden

Garnish suggestions
Pineapple compote, Crushed meringue, Clotted Cream, Macerated Cherries

Recommended accessories



Vision Bake