

# Pineapple upside down

Cuisine: **English**

Food category: **Desserts**



Author: **Samuel Ashton**  
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



Vision Bake