



A TASTEFUL PLACE
AT THE DALLAS ARBORETUM

RECIPE

Hero Vegetable: Fennel

Fennel Pineapple Upside Down Cake

Ingredients:

For the topping:

1 small fennel bulb, sliced into thin half moons, reserve the fronds for garnish
½ small pineapple, peeled, cored and thinly sliced into half moons
¼ cup white sugar
2 Tbs butter, plus extra for greasing
¼ cup brown sugar
¾ cup water

For the batter:

2 cups all purpose flour
1 tsp baking powder
1 tsp ground fennel
½ tsp salt
1/2 cup butter, softened
½ cup milk
½ cup sugar
2 eggs
1 tsp vanilla extract

Directions:

Preheat your oven to 350F. Butter a 9inch baking pan and set aside.

For the topping: In a small sauce pot, combine the white sugar and water. Bring to a simmer. Add the fennel and cook for 10 minutes until tender and the liquid has cooked down some. Remove the fennel from the heat to cool slightly.

In a medium sized sauté pan over medium heat, heat the butter and cook the pineapple for about 3 minutes until lightly browned. If the pineapple is browning too quickly, lower the heat slightly. The pineapple should caramelize slightly and release a small amount of juice. Add the brown sugar and stir gently. Stir in the fennel and fennel water, ensuring that the caramel thoroughly coats the pineapple and fennel. Arrange the pineapple fennel mixture in the baking pan and set aside.

For the cake batter: Combine the flour, baking powder, ground fennel and salt in a large mixing bowl, set aside. In a separate bowl, or the bowl of a stand mixer, cream the butter and sugar together until fluffy. Beat in the eggs one at a time. Add vanilla and milk. Mix until just combined. Don't overmix. add the dry ingredients a little at a time, mixing at a slow speed to form a smooth batter.

Pour the batter over the pineapple and fennel. Bake for 35 minutes, or until the top of the cake is golden brown and a toothpick inserted into the center comes out clean. Remove from the oven and allow to cool in the baking pan. Turn out onto a plate. Garnish with the reserved fennel fronds.