

Mango Upside-down Cake with Cinnamon Nut Crunch

Made with Madeleine bakery stone-ground flour



Chef Joy Jones
Made for you by Madeleine
51 King William Street, Hamilton
Phone: 289-389-5100
No email, please call the bakery
Website: www.bymadeleine.ca
twitter @ByMadeleineHam



Serves 8

Dry Ingredients

Volume	Weight	
2/3 cup	60g	soft whole wheat flour
1/3 cup	35g	hard whole wheat flour
1/4 cup	27g	toasted ground almonds
1 tsp	4g	baking powder
1/4 tsp	1g	salt



Hamilton



Mango Upside-down Cake with Cinnamon Nut Crunch

Made with Madeleine bakery stone-ground flour



Wet Ingredients

Volume	Weight	
2 large	100g	eggs, separated
1/2 cup	115g	Greek yogurt (0%)
6 tbsp	70g	sunflower oil
1/4 cup plus 2 tbsp	100g	unsweetened applesauce
4 large	60g	medjool dates, see note below*
1 tsp	5g	pure vanilla extract
1 dash	1g	pure almond extract
3 tbsp	50g	raw cane sugar, for egg whites

*Note: Gently simmer dates in 2 tbsp (30ml) water to soften into pulp.

Mango Fruit Decoration

Volume	Weight	
2 medium	400g	mango, peeled and sliced
1 tbsp	16g	raw cane sugar, for mangoes

Cinnamon Nut Crunch

Volume	Weight	
1/2 cup	75g	cashews, unsalted
1/4 cup	35g	Brazil nuts, unsalted
1	30g	egg white, whipped
1/2 tsp	4g	cinnamon
1/4 tsp	2g	cardamom

Mango Upside-down Cake with Cinnamon Nut Crunch

Made with Madeleine bakery stone-ground flour



1. Preheat oven to 350°F and prepare a 9 inch round pan with a light coating of oil.
2. Sprinkle the pan with the 1 tbsp sugar and arrange the mango slices in circle.
3. Bake the mango at 350°F for 15 minutes to brown the fruit.
4. Meanwhile, in a medium bowl, mix together the dry ingredients.
5. In another bowl, mix egg yolks with the other wet ingredients except egg whites.
6. Add the wet ingredient mix to dry ingredients, stirring to combine into a batter.
7. In a third bowl, whip egg whites with the 3 tbsp (50g) sugar.
8. Gently fold the whipped egg whites into the batter.
9. Immediately pour batter over the prepared pan of mango slices.
10. Bake until golden, about 30 minutes, cool slightly and de-pan the cake upside-down.
11. Prepare Cinnamon Nut Crunch. Whip 1 egg white into foam, add cinnamon and cardamom. Coarsely crush the roasted nuts, toss with the egg white foam, toast at 350°F until dry. This can be prepared ahead and stored in air-tight container.
12. Slice into 8 portions, serve sprinkled with Cinnamon Nut Crunch garnish.

Citrus Yogurt Sauce (optional garnish)

To 1 cup (250g) of 0% Greek yogurt, add the juice and zest of one lemon and one orange, stir well and dollop onto the sliced Mango Cake before garnishing with Cinnamon Nut Crunch.