

# Blueberry Peach Upside Down Cake

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The last of BC's beautiful peaches are here and I am taking advantage of them while I still can. I never realized how simple it is to make an upside down cake. If you like upside down cakes, I've got a great banana coconut pineapple upside down cake you should also try! I know everyone tends to mix nectarines with blueberries, but I think peaches go just as perfectly!!

We got our first taste of Fall weather the past couple of weeks. I've officially broken out my sweaters and ankle boots for work. Andrew and I thought we would sneak a small backpacking trip in over the weekend and let me tell you, we froze our butts off!! We went up to Manning Park and camped at Poland Lake. It was one of the coldest nights I have ever camped in. Andrew is convinced the temperatures were somewhere between -5°C and 0°C. There was still snow on the ground from the night before!!

This will be my last summery recipe until moving into some delicious Fall apples, root vegetables and of course tomatoes!! Until next year summer.



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## INGREDIENTS

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### **For the Cake:**

*2 peaches, sliced into  
1/4-inch (0.6 mm)  
pieces, skins and pits  
removed*

*1½ cups (255 g)  
blueberries*

*3 tablespoons fresh  
thyme*

*3 tablespoons unsalted  
butter*

*1/4 cup (53 g) brown  
sugar*

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## RECIPE

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### **Make the Cake:**

- 1.** Preheat your oven to 350°F (180°C).
- 2.** Arrange the fruit on the bottom of your pan in a design you would like to see on the top of your cake.\*
- 3.** Sprinkle the thyme over the fruit. Set aside.
- 4.** Place your baking pan or skillet on a burner over low heat and add the butter.
- 5.** Once the butter has melted, add the brown sugar and stir it gently. When the brown sugar has melted, turn off the heat, but leave the pan on the stove for an additional 5 minutes.
- 6.** Pour the mixture over the fruit. Set aside.

### **\*Notes:**

- a.** You can use fresh or frozen fruit for this recipe.
- b.** I find the best trick for getting the whole cake out is to trace a circle into your parchment paper the same size as the bottom of your pan. Cut out the circle, and insert it into your pan prior to placing the fruit in the pan.

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## INGREDIENTS

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***3/4 cup (170 g) unsalted butter, room temperature***

***3/4 cup (149 g) sugar***

***2 large eggs***

***2 teaspoons vanilla***

***2 cups (241 g) all-purpose flour***

***1 teaspoon baking powder***

***3/4 teaspoon salt***

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- 7.** In a stand mixer fitted with a paddle attachment, cream the butter and sugar on medium speed until fluffy, about 5 minutes.
- 8.** Add the eggs one at a time, beating well in between, followed by the vanilla.
- 9.** In a separate bowl, measure the flour, baking powder and salt and whisk gently to combine.
- 10.** Add the flour mixture to the butter, sugar, egg and vanilla mixture; beat on low speed until just combined, about one minute.
- 11.** Now, dollop the cake batter on top of the fruit, ensuring it is evenly distributed. Smooth with a spatula so that the top of the cake is smooth.
- 12.** Place the cake in the oven. You might want to put it on a baking sheet to catch any overflow if you are using a low-brimmed baking pan (sometimes the fruit bubbles up).

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- 13.** Bake for 30 to 40 minutes, or until the top of the cake is golden brown and a thin knife or toothpick inserted in the center comes out clean.
- 14.** Remove the cake from the baking sheet and place it on a cooling rack. Let the cake settle for a minute, until any fruit that has leaked up the sides has stopped bubbling. Do not let the cake cool or you will not get it out of the pan!
- 15.** Run a knife around the edges of the cake. Place your cake plate over the cake and, using hot pads, carefully flip the cake over onto the plate.
- 16.** Gently remove the cake pan. Be careful, as the fruit and glaze is still quite hot and will burn you!
- 17.** If any pieces of fruit are stuck to the cake pan, gently scrape them up with a knife and replace them on the cake. Let the cake cool.