

## APPLES AND SPELT

I started using whole spelt flour in my baking about a year ago, with great results. Spelt is extremely nutritious, containing more B vitamins, trace minerals and fiber than wheat. I found this apple cake recipe last fall at homemakers.com, and it's definitely a keeper!

Spelt is grown and milled right here in Ontario. Certified organic spelt flour grown at both Oak Manor Farms ([www.oakmanorfarms.ca](http://www.oakmanorfarms.ca)) in Tavistock and Hockley Valley Whole Foods ([www.hockleyvalley.com](http://www.hockleyvalley.com)) in Orangeville can be found in natural food stores and in the natural food sections of major supermarkets.

Gail Gordon Oliver

### APPLE SPELT CAKE

From Andrew Chase  
Food Editor, Homemakers Magazine

*This Austrian home-style cake is a wonderfully simple and fairly low-calorie apple dessert. Spelt is an ancient nutty-flavoured low-gluten wheat variety that grows in Alpine regions, so it is popular in breads and baking in Switzerland, Austria and northern Italy. If your apples are sweet, reduce the sugar in the apple layer.*

8 to 12 servings

#### Cake

1-2/3 cups	cake-and-pastry flour
1 cup	whole spelt or whole wheat flour
1/2 tsp	baking powder
1/2 tsp	baking soda
1/4 tsp	salt
3	eggs
2/3 cup	granulated sugar
1/3 cup	butter, melted
1/4 cup	vegetable oil
1 tsp	vanilla
	Icing sugar

#### Apple Filling

8	large tart apples
2 tbsp	butter
1/4 cup	granulated sugar
1/4 cup	packed brown sugar
1-1/2 tsp	cinnamon
	Grated rind of 1 lemon

**Apple Filling** Peel, quarter, core and slice apples. In skillet, melt half of the butter over medium heat; cook half of the apples, stirring often, until tender-crisp, about 7 minutes. Repeat with remaining apples. Scrape into bowl; mix with granulated and brown sugars, cinnamon and lemon rind. Let cool.

**Cake** In bowl, whisk together cake-and-pastry and spelt flours, baking powder, baking soda and salt; set aside. In large bowl, beat eggs with sugar until pale and thickened, 2 to 3 minutes. Mix in butter, oil and vanilla. Stir in flour mixture until smooth.

Line bottom of 8-inch (2 L) square metal cake pan with parchment or waxed paper; grease sides. Spread two-thirds of the cake batter into pan. Layer apples (and juices) evenly over batter. Top with spoonfuls of remaining batter; do not smooth top. Bake in centre of 325°F oven until golden brown and skewer inserted in centre comes out clean, about 50 minutes. Let cool in pan on rack. Remove from pan; peel off paper. Dust top with icing sugar.

*This recipe first appeared in Homemakers Magazine in October 2005. Reprinted with the permission of the publisher.*

