



Upside-down Gingerbread

By Emma Theobald (Abbeyfield Marketing Team)

Abbeyfield
Making time for older people



 6-8 servings

 Prep: 30 minutes
Cook: 1 hour

INGREDIENTS

4 oz plain flour
½ teaspoon bicarbonate of soda
1 teaspoon ground ginger
4 oz soft brown sugar
3oz black treacle
¼ teaspoon salt
2 teaspoons cinnamon
¼ teaspoon nutmeg
1 egg (beaten)
4 fluid oz sour milk
2oz lard
Cherry halves

For the topping:

2oz butter
3oz brown sugar
1 medium can of pears

METHOD

1. Grease a deep pie dish.
2. Make the topping by melting the butter mix in the brown sugar, pour into dish and place pears on top and arrange the cherries between.
3. Mix the dry ingredients, add the egg, sour milk and mix well.
4. Pour over the top of the pears.
5. Bake on gas mark 3-4 (160-180C electric) for about 30 – 35 minutes and test with a skewer.
6. Turn out onto a plate.
7. Serve with custard.