PEAR AND GINGER UPSIDE DOWN CAKE

INGREDIENTS

**Syrup**
- 3 slices fresh ginger
- ½ cup granulated sugar
- 2 tablespoons lemon juice
- 2 tablespoons water

**Cake**
- 1 can (15 oz) halved pears in juice, drained and sliced
- 1 ½ cup all purpose flour
- 1 teaspoon cream of tartar
- ½ teaspoon baking soda
- ½ cup unsalted butter, softened
- ½ cup granulated sugar
- 2 eggs
- 1 teaspoon vanilla
- 1 tablespoon lemon zest
- 1 tablespoon fresh ginger, grated
- ½ cup milk (1% milk fat)

PREPARATION

1. Preheat oven to 375°F.
2. In a microwave-safe deep bowl or measuring cup, prepare the syrup. Crush the ginger slices with a wooden spoon. This unleashes the flavor of the ginger. Add sugar, lemon juice, and water. Heat in the microwave for 2 minutes. Then stir to dissolve the sugar. Add more time in the microwave if the sugar is not completely dissolved. Pour the mixture into a 9-inch cake pan. Place the pear slices on top and set aside.
3. In a small bowl, mix the flour, cream of tartar, and baking soda. Set aside.
4. In a bigger bowl, with the help of an electric mixer, mix butter and sugar for about 2 minutes until smooth. Add the eggs and continue to mix for 2 minutes. Add vanilla, lemon zest and grated ginger.
5. With the help of a wooden spoon, slowly add the dry ingredients from step 3 and milk while alternating.
6. Pour the mixture into the cake pan over the pear slices. Use a spoon to gently distribute the mixture evenly. Bake in the oven for 40 minutes or until a toothpick inserted in the center comes out clean. Take out of the oven and let cool for 10 minutes.
7. Cut around the edge of the cake, place a large plate on top, and flip the cake upside down to release from the pan.

**Tip:** Canned pears in place of fresh ones can lower the potassium in a recipe.
Chosen a dessert that fits into a low-potassium diet for chronic kidney disease can be a challenge. It’s important however to find a sweet treat you can enjoy. Many desserts contain potassium-rich ingredients such as chocolate, nuts, or dairy. Preparing a recipe from scratch allows you to maintain low-potassium ingredients. Portion size also makes a difference to limit the potassium you are eating. Sweetness can be maintained in desserts with lower-potassium fruits and spices.

Ginger is one spice that can enhance dessert taste. The rich flavor in ginger comes from compounds called ginerols. Ginger not only adds flavor to a low-potassium diet, but is also beneficial to blood pressure, blood cholesterol, and your body’s immune system. When selecting fresh ginger, pick a piece that has smooth rather than wrinkled skin, which points to less freshness. Avoid peeling until just before use to optimize flavor. Ginger can be stored short-term on a countertop or more long-term wrapped in the freezer.