

APPLE CHARLOTTE CAKE – (ШАРЛОТКА С ЯБЛОКАМИ)

Apple Charlotte Cake or ШАРЛОТКА С ЯБЛОКАМИ (Sharlotka с Yablokami) is a classic Russian dessert. Originally made by the working class, this sweet treat was created during rougher times under Soviet rule. Russia is known for its plentiful apple orchards. Apple pies, fried apples, apple cake, and other sweet treats are common place during the autumn months.

The Charlotte Cake should be moist and semi-sweet. The texture is a blend between bread pudding, custard, and a cake (depending on the recipe). Other variants of this recipe uses stale bread to create a decadent apple bread pudding. To make a good Charlotte, firstly ensure that you're using a semi-sweet/semi-sour apple.

My recipe may differ from others as my recipe is non-traditional and a hodge-podge of of the basic ingredients. Made more so into a cake texture as some other recipes may be more wet akin to a custard. If you like cake and enjoy having a good crust on your bread pudding, give this recipe. Top with whipped cream, ice cream, or double cream for added richness!



Granny Smiths are good for this recipe, but personally not a fan of having it be too tart. I'm a sweet apple person and prefer either Gala, Fuji, or Honeycrisp. Use your favourite apples in this recipe!

HISTORY OF THE CHARLOTTE APPLE CAKE

There are several variations of the Charlotte Cake in Russia and across Europe. Czar Alexander I's head chefs created the "*Charlotte Russe*", or Russian Charlotte. Charlotte Russe was a bourgeoisie take on classical Victorian French gateaux at the time.

Unfortunately Russian society suffered massive food scarcity during both Czar Alexander's and the Soviet Union's rule. Famine, hunger, and empty markets were common place during many of these years. Harder still was finding ingredients to make treats during holiday or in celebration. Queues in markets across the union would only supply what was available thus making it harder to plan for meals, celebrations, or recipes.

From hardships came innovation; the Apple Charlotte Cake was created by inventive Russian women. No one really knows when or who exactly invented this one-bowl cake. Russian families wanted to continue showing hospitality, but with the ingredients available. What we can say is that this cake is an amazing way to treat family, friends, and guests for holiday.

[Olga Massov of the Washington Post](#) goes into more detail around the Russian Apple Charlotte Cake, its origins, and what she remembers during that time.

MY FIRST TASTE

When I lived in Atlanta there were several Russian, Polish, and Ukrainian bakeries, eateries, and markets. Every Sunday morning, I'd go in search of different markets, get groceries, stop at the bakery, and find the hidden gems throughout the city.

The tastes and smells wafting from the bakery where fresh pirozhki, dumplings, breads, cakes & cookies, immediately made me go crazy. There under glass were dozens of different cakes and baked goods I've never tasted before. Some fancy, some classic, some round, square, and glazed. Then this powdered sugar covered round rustic "cake" looked enticing. Pieces of apple peeked thru the top. Powdered Sugar, and crisp edges.

Needless to say it was immediate. My love for all baked Russian goods was founded. The first bite was a mix between an apple pie, custard, and bread pudding that was rich, simple, and flavourful. I wanted more. So I did what any other baked-good fanatic did, bought one of each of the pastries they had that I could afford.

Last time I visited my home of Atlanta, my first stop was Buford Highway to scour the markets and local shoppes for all things good. I promise when COVID has been dampened and I'm back in Atlanta, I'll catalogue my food adventures!

Bake this super easy recipe at home and serve up a delicious treat filled with history among friends & family!

Apple Charlotte Cake

(ШАРЛОТКА С ЯБЛОКАМИ)



ШАРЛОТКА С ЯБЛОКАМИ (Sharlotka с Yablokami), or Apple Charlotte Cake, is traditionally a Russian cake that's a delicious texture and flavour of fresh apples and reminds me of autumn. This cake is a mix between a cake and a quick bread-pudding with is super moist texture and large pieces of apple. Recipes vary family to family, but this is my personal take on the classic Russian treat!

PREP TIME 15 mins

COOK TIME 45 mins

COURSE

Dessert

CUISINE

Eastern European

SERVINGS

1 cake

EQUIPMENT

- 9" Springform Cake Pan

- Whisk or Mixer
- Toothpick or Wooden Skewer

INGREDIENTS

- 1 Tbsp Oil
- 1 ¼ cup Flour all purpose
- ½ tsp Baking Soda
- ¼ tsp Baking Powder
- ½ tsp Cinnamon ground
- ¼ tsp Nutmeg
- ¾ cup Sugar
- 5 Eggs
- 3 Apples Honeycrisp

INSTRUCTIONS

Preparation

1. Preheat oven to 350°F (175°C)
2. Cut apples into slices. These don't have to be paper thin. You want a good thickness for bite.
3. Whisk your eggs with the sugar, baking soda, baking powder, flour and cinnamon for 5 minutes or until it has thickened into a batter.
4. Butter your 9" springform pan.

Layers on Layers

1. Pour a light layer of batter on the bottom of the pan.
2. Layer in some of the apple slices
3. Repeat the steps above until you're out of apples and-or batter.

Bake

1. Add pan to center rack of your 350°F (175°C) oven and bake between 35-45 minutes. I'm at altitude, so test your cake at the 30-35 minute marker. If not done, put back in oven and bake for another 10 minutes. Test with toothpick.
2. Once baked, the top should be a nice golden brown. You can stick a toothpick or skewer in to ensure that the center is not raw, gloopy, or wet. Toothpick should be clean. Test out several sections of the cake before pulling it out of the oven.

Serving

1. Pull cake out of the oven and let rest for 20 minutes or until at room temp. The cake will continue to cook and eventually cool during this time. **Do not take out of springform pan yet!**
2. Once 10-15 minutes has passed and the cake is either room temp or just *slightly* warm, you should be able to easily pop spring round off without sticking.
3. Transfer to serving dish or plate. Sprinkle powdered sugar on top for added effect!
4. Serve with ice cream or your favourite whipped topping!