

Upside-Down Meat Cake

Preparation time	10 minutes
Cooking time	45 minutes
Servings	4
Cost per serving	\$2.14
Storage	3 days in the fridge. Can be frozen.
Kitchen tools	Cutting board, sharp knife, measuring cups and spoons, large bowl, frying pan, 9-inch pie plate, wooden spoon, can opener, large plate



Ingredients



30 ml (2 tbsp)
canola oil



1 small **yellow onion**, chopped
(about 125 ml / ½ cup)



375 g (¾ lb)
ground beef



1 can (284 ml)
cream of tomato soup



375 ml (1½ cups)
all-purpose flour



15 ml (1 tbsp)
baking powder



5 ml (1 tsp)
paprika



60 ml (¼ cup) **butter**
or margarine, softened

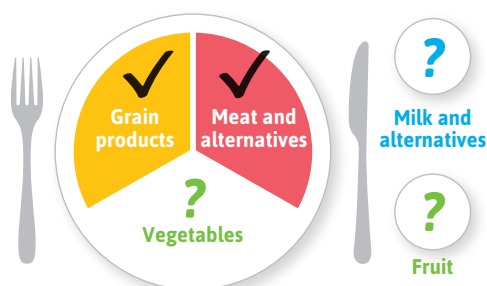


160 ml (2/3 cup)
milk



Salt and pepper
to taste

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Balanced plate

Serve with:

- ? Vegetables (a salad, for example) and a fruit
- ? A glass of milk or fortified soy beverage

Directions

1	Place oven rack in the middle position, preheat the oven to 230°C (450°F) and butter the bottom of a 9-inch pie plate.	
2	In a frying pan over medium-high heat, heat the oil and cook the onion and beef until the beef loses its pink colour (5 to 8 minutes).	
3	Add the cream of tomato soup and bring to a boil. Reduce heat to medium-low and simmer for 10 minutes, stirring occasionally.	
4	Meanwhile, in a large bowl, combine flour , baking powder , paprika , butter or margarine, milk , salt and pepper to form the dough.	
5	With your hands, stretch the dough into a flat disk the size of the pie plate.	
6	Pour the beef preparation into the pie plate and cover with the dough.	
7	Press the dough edges slightly inwards and cook for 20 minutes. Variation: Add a bit of spinach between the meat and the dough.	
8	Once cooled, cover with a large plate or a cutting board and quickly flip over. Remove the pie plate and the meat cake is ready to serve.	

My rating: ★ ★ ★

Adapted from the book *Qu'est qu'on mange?* Volume 1, Cercles de Fermières du Québec