

Orange Zest Cornmeal Cake

Servings: 4

Ingredients

1/4 cup light brown sugar, packed

2 cups milk

1 teaspoon orange zest, grated

1 large egg

1/2 cup fine yellow cornmeal

2 egg yolks

2 tablespoons orange marmalade

2 tablespoons butter, melted

1 cup water

Preparation

1. Bring the milk to a simmer over medium heat. Add the brown sugar; stir, simmer and stir again until milk is at a low boil.

2. Whisk in the cornmeal and orange zest. Simmer, stir for 2 minutes and then remove from heat. Combine the egg, egg yolks, marmalade, butter and orange and whisk into the cornmeal mixture.

3. Treat a 1 quart soufflé with nonstick spray. Add batter. Pour the water into the pressure cooker and add rack. Place the soufflé dish on the rack.

4. Secure lid and bring to low pressure, maintaining pressure for 12 minutes. Remove from the heat and let the pressure release on its own. Quick-release the pressure that is left and remove the lid. Transfer to a wire rack.