

## Dessert

---

# Pistachio Neopolitan Cakewiches

Katie Barreira

Every Day with Rachael Ray Magazine - May 2012

**Servings: 12**

**Preparation Time: 45 minutes**

**Bake Time: 20 minutes**

*SHORTCUT!! Stack the ice cream between slices of store bought pound cake (plain or marble).*

**1 stick (4 oz) unsalted butter, at room temperature**

**1 cup sugar**

**1/2 teaspoon salt**

**1 teaspoon pure vanilla extract**

**2 eggs**

**1 1/2 cups self-rising flour**

**1/2 cup whole milk**

**3/4 cup shelled, unsalted pistachios, coarsely chopped**

**1 pint vanilla ice cream**

**1 pint strawberry ice cream**

**1 pint green pistachio ice cream**

Preheat the oven to 375 degrees.

Lightly grease a 10x15-inch jellyroll pan. Line with parchment, then grease the parchment and the sides of the pan.

Using an electric mixer, beat the butter, sugar and salt on medium speed until fluffy, about 3 minutes.

Beat in the vanilla, then the eggs one at a time. Alternately add the flour and milk in three additions. Fold in the nuts.

Pour the batter into the prepared pan and bake until light golden and a toothpick inserted into the center comes out clean, 15 to 17 minutes.

Allow the cake to cool slightly in the pan, then invert onto a parchment-lined rack to cool completely.

Transfer the cake to a work surface and cut in half crosswise. With a sheet of parchment between the layers, stack the cake halves, wrap in plastic and freeze until firm, about 30 minutes.

Let the ice cream soften in the refrigerator until spreadable. Remove one of the cake layers from the freezer and cover with an even layer of softened vanilla ice cream, spreading all the way out to the edges of the cake.

Transfer to the freezer for 16 minutes. Repeat with the strawberry ice cream and then the pistachio ice cream. Top with the second cake layer and freeze until set, at least 1 hour.

Remove the cake from the freezer and trim the edges. Cut in half crosswise, then cut each half into six equal rectangles, making twelve bars.

Serve, or wrap and freeze for up to two weeks.

---

Per Serving (excluding unknown items): 293 Calories; 13g Fat (40.1% calories from fat); 4g Protein; 40g Carbohydrate; 1g Dietary Fiber; 73mg Cholesterol; 336mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 2 1/2 Fat; 2 Other Carbohydrates.