

Summer Baked Alaska

*Sara Moulton - Associated Press
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Servings: 4

*4 store-bought brownies, each two-inches square and one-inch thick
1 cup raspberry sorbet
3 large egg whites
table salt
1/8 teaspoon cream of tartar OR lemon juice
1/4 cup + 2 tablespoons sugar
fresh assorted berries (for garnish)*

Preparation Time: 15 minutes

Wrap each brownie in plastic wrap and freeze for 30 minutes. After 15 minutes has passed, remove the sorbet from the freezer to soften.

Using a serrated knife, cut the brownies in half crosswise across the middle to form two thin brownie squares. Arrange the bottom of each brownie square on a work surface. Scoop 1/4 cup of the sorbet on top of each brownie bottom.

Top the sorbet with the brownie top and press gently to form an ice cream sandwich. Wrap the ice cream sandwiches individually in plastic wrap and freeze until the sorbet is very hard, about one hour.

When the sandwiches are nearly hard, heat the oven to 450 degrees. Line a baking sheet with kitchen parchment, then mist it with cooking spray.

In a large bowl, use an electric mixer to whip the egg whites and a pinch of salt until foamy. Add the cream of tartar and continue to beat until the whites hold soft peaks. Add the sugar gradually, beating, and continue beating until the whites hold stiff, glossy peaks.

Remove the ice cream sandwiches from the freezer and place them three inches apart on the prepared sheet pan. Frost each with some of the meringue, making sure to cover the sandwiches on all sides right down to the parchment. Bake the frosted sandwiches in the center of the oven for 4 minutes or until lightly browned on top.

Using a metal spatula, transfer them quickly to four plates and garnish each with berries.

Start to Finish Time: 2 hours

This version results in mini baked Alaskas: one person, one Alaska. A small brownie stands in for a full cake. Any store-bought brownie will do. You cut it in half horizontally (to create two thin halves), then sandwich in the frozen filling. Won't the brownie crumble when you cut it? Not if you freeze it for 30 minutes ahead of time.

Per Serving (excluding unknown items): 61 Calories; 0g Fat (0.0% calories from fat); 3g Protein; 13g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 41mg Sodium. Exchanges: 1/2 Lean Meat; 1 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	61	Vitamin B6 (mg):	0mg
% Calories from Fat:	0.0%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	82.9%	Thiamin B1 (mg):	0mg
% Calories from Protein:	17.1%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	0g	Folacin (mcg):	1mcg
Saturated Fat (g):	0g	Niacin (mg):	trace
Monounsaturated Fat (g):	0g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	0g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refused:	0.0%
Carbohydrate (g):	13g		
Dietary Fiber (g):	0g	Food Exchanges	
Protein (g):	3g	Grain (Starch):	0
Sodium (mg):	41mg	Lean Meat:	1/2
Potassium (mg):	36mg	Vegetable:	0
Calcium (mg):	2mg	Fruit:	0
Iron (mg):	trace	Non-Fat Milk:	0
Zinc (mg):	trace	Fat:	0
Vitamin C (mg):	0mg	Other Carbohydrates:	1
Vitamin A (i.u.):	0IU		
Vitamin A (r.e.):	0RE		

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	61	Calories from Fat:	0
% Daily Values*			
Total Fat	0g		0%
Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	41mg		2%
Total Carbohydrates	13g		4%
Dietary Fiber	0g		0%
Protein	3g		
Vitamin A			0%
Vitamin C			0%
Calcium			0%
Iron			0%

* Percent Daily Values are based on a 2000 calorie diet.