
Lemon-Coconut Chess Bars

The Essential Southern Living Cookbook

Preparation Time: 15 minutes

Start to Finish Time: 3 hours 45 minutes

Coconut milk adds a hint of tropical flavor to these delightfully tangy bars. For the smoothest filling, whisk together the dry ingredients, and then stir in the wet ingredients until smooth. This will prevent tiny lumps of flour from forming.

CRUST

baking spray with flour

2 1/2 cups all-purpose flour

3/4 cup unsifted powdered sugar

1/2 cup sweetened flaked coconut

1 1/2 teaspoons Kosher salt

1 cup cold unsalted butter, cubed

FILLING

2 cups granulated sugar

2 tablespoons plain yellow cornmeal

2 tablespoons all-purpose flour

1/2 teaspoon Kosher salt

5 large eggs

1 large egg yolk

1 1/4 cups well-shaken and stirred coconut milk (from a 13-1/2 ounce can)

1/2 cup unsalted butter, melted

1 tablespoon lemon zest

1/2 cup (three lemons) fresh lemon juice

1 teaspoon vanilla extract

GARNISH

toasted shaved coconut

Prepare the crust: Preheat the oven to 350 degrees. Coat a 13 x 9-inch baking pan with baking spray with flour.

In a food processor, pulse five or six times the flour, sugar, coconut and Kosher salt until combined. Add the cold butter. Pulse six or seven times until coarse crumbs form. Firmly press the mixture into the bottom of the prepared pan. Bake until light golden brown, about 25 minutes. Cool slightly, about 10 minutes.

Prepare the filling: In a bowl, whisk together the sugar, cornmeal, flour and Kosher salt. Add the eggs, egg yolk, coconut milk, butter, lemon zest, lemon juice and vanilla extract. Stir until smooth. Pour the mixture over the crust.

Bake in the preheated oven until set, about 25 minutes. Remove from the oven. Cool completely in the pan, about 1-1/2 hours.

Chill for one hour.

Slice into 32 bars. Garnish with shaved coconut.

Yield: 32 bars

Dessert

Per Serving (excluding unknown items): 5658 Calories; 309g Fat (48.6% calories from fat); 72g Protein; 665g Carbohydrate; 10g Dietary Fiber; 2017mg Cholesterol; 4167mg Sodium. Exchanges: 16 1/2 Grain(Starch); 4 1/2 Lean Meat; 1 Fruit; 58 Fat; 27 Other Carbohydrates.