

Baked Alaska

Women's Day Magazine

Servings: 12

1/2 cup lemon sorbet

8 ladyfinger cookie, cookies

3 pints rippled ice cream or gelato

6 large egg whites

1 1/2 cups granulated sugar

blowtorch

Preparation Time: 30 minutes

Line a 10x5-inch loaf pan with plastic wrap, leaving an overhang on the two long sides.

Melt the sorbet in a small saucepan. Line the bottom of the prepared pan with the ladyfingers. Then drizzle the sorbet over the top. Set aside until the cookies absorb the liquid, 10 minutes.

Meanwhile, bring the ice cream to room temperature for 10 minutes or until soft enough to easily remove from the containers. Without mixing, scoop the ice cream on top of the cookies, using a spzula to press into an even layer. Freeze for at least two hours or up to twenty-four hours (covering lightly with plastic wrap after one hour).

In a medium saucepan, bring one inch of water to a boil. Reduce to a simmer. Place the egg whites and sugar in the large bowl of an electric mixer and set over the saucepan (without touching the water). Turn the heat off and whisk the mixture constantly until the sugar dissolves, 3 to 5 minutes (test by rubbing a little of the mixture between two fingers - you should not feel any grains).

Transfer the bowl to the electric mixer and, using the whisk attachment, whisk the mixture on high speed until stiff glossy peaks form, about 7 minutes. Transfer the mixture to a large piping bag fitted with a large star tip.

Using the overhangs, remove the ice cream from the pan and transfer to a serving platter, carefully removing the plastic so the cookies are on the bottom. Pipe rosettes all over the ice cream. Return to the freezer to firm up, at least 30 minutes or up to one day.

When ready to serve, toast the meringue lightly with a blowtorch.

Start to Finish Time: 45 minutes

Per Serving (excluding unknown items): 132 Calories; 1g Fat (4.5% calories from fat); 3g Protein; 30g Carbohydrate; trace Dietary Fiber; 27mg Cholesterol; 38mg Sodium. Exchanges: 0 Lean Meat; 0 Fat; 2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

| | | | |
|---------------------------------------|-------|-----------------------------|-------|
| Calories (kcal): | 132 | Vitamin B6 (mg): | trace |
| % Calories from Fat: | 4.5% | Vitamin B12 (mcg): | .1mcg |
| % Calories from Carbohydrates: | 88.0% | Thiamin B1 (mg): | trace |
| % Calories from Protein: | 7.5% | Riboflavin B2 (mg): | .1mg |
| Total Fat (g): | 1g | Folacin (mcg): | 6mcg |
| Saturated Fat (g): | trace | Niacin (mg): | trace |
| Monounsaturated Fat (g): | trace | Caffeine (mg): | 0mg |
| Polyunsaturated Fat (g): | trace | Alcohol (kcal): | 0 |
| Cholesterol (mg): | 27mg | % Refused: | 0 0% |
| Carbohydrate (g): | 30g | Food Exchanges | |
| Dietary Fiber (g): | trace | Grain (Starch): | 0 |
| Protein (g): | 3g | Lean Meat: | 0 |
| Sodium (mg): | 38mg | Vegetable: | 0 |
| Potassium (mg): | 33mg | Fruit: | 0 |
| Calcium (mg): | 5mg | Non-Fat Milk: | 0 |
| Iron (mg): | trace | Fat: | 0 |
| Zinc (mg): | trace | Other Carbohydrates: | 2 |
| Vitamin C (mg): | trace | | |
| Vitamin A (i.u.): | 41IU | | |
| Vitamin A (r.e.): | 12RE | | |

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 132 Calories from Fat: 6

% Daily Values*

| | |
|--------------------------------|-----|
| Total Fat 1g | 1% |
| Saturated Fat trace | 1% |
| Cholesterol 27mg | 9% |
| Sodium 38mg | 2% |
| Total Carbohydrates 30g | 10% |
| Dietary Fiber trace | 0% |
| Protein 3g | |
| Vitamin A | 1% |
| Vitamin C | 0% |
| Calcium | 0% |
| Iron | 2% |

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