

# Vanilla Bean and Dark Chocolate Baked Alaska

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## Servings: 8

7 pasteurized eggs, divided  
2 cups whipping cream  
1 cup granulated sugar, divided  
1/4 cup sweet white wine (such as Moscato)  
1 teaspoon vanilla extract  
nonstick cooking spray  
1/2 vanilla bean, halved lengthwise  
1 tablespoon milk  
1/2 cup cake flour or all-purpose flour  
1/4 teaspoon salt  
1/2 cup bittersweet chocolate, finely chopped  
1/2 cup dried tart red cherries, chopped  
1/2 teaspoon cream of tartar  
3/4 cup superfine sugar

## Preparation Time: 45 minutes

### Bake: 30 minutes

Separate the egg yolks and egg whites for four of the eggs. Set aside the egg whites and the remaining three eggs until ready to use.

In a heavy medium saucepan, whisk together the whipping cream, 1/2 cup of granulated sugar and wine. Cook and stir over medium heat until the sugar dissolves.

In a small mixing bowl, whisk the four egg yolks. Gradually whisk in 1/2 cup of the cream mixture into the egg yolks. Add the egg yolk mixture to the saucepan. Cook, stirring constantly, for 3 to 4 minutes or until the custard thickens. Remove from the heat. Stir in the vanilla extract. Transfer to a medium bowl. Cover and chill for four to twenty-four hours.

Meanwhile, allow the three eggs to stand at room temperature for 30 minutes. Preheat the oven to 325 degrees. Coat the bottom of a 9x5x3-inch loaf pan with cooking spray. Line with parchment paper. Coat the parchment with cooking spray. Set aside.

In a large bowl, combine the three eggs, 1/2 cup of granulated sugar and the vanilla seeds. Beat with an electric mixer on medium-high speed for about 5 minutes or until the mixture thickens and triples in volume. Stir in the milk. Sift the flour and salt over the batter mixture. Gently fold in the flour mixture until just combined. Spread into the prepared loaf pan.

Bake for 25 to 30 minutes or until a toothpick inserted near the center comes out clean. Cool the cake in the pan on a wire rack for 10 minutes. Remove from the pan; peel off the parchment. Cool completely on a wire rack.

Meanwhile, freeze the custard in a two-quart ice cream freezer following the manufacturers directions. Stir in the chocolate and cherries. Line the nine-inch loaf pan with plastic wrap. Place the cooled cake in the pan. Spread the custard over the cake. Cover and freeze for six to twenty-four hours or until very firm.

Line a baking sheet with foil. Set aside. For the

1. *You don't need an egg separator. Simply use the cracked shells to keep the yolks separate from the whites.*

2. *The ice cream's custard is done when it is thick enough to thoroughly coat the back of a spoon.*

3. *Slice open the vanilla bean lengthwise and, using the back of a paring knife, scrape out the seeds.*

4. *The back of a spoon helps create the delicate meringue swirls and waves.*

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Per Serving (excluding unknown items): 349 Calories; 27g Fat (65.6% calories from fat); 2g Protein; 29g Carbohydrate; 1g Dietary Fiber; 82mg Cholesterol; 91mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 5 1/2 Fat; 1 1/2 Other Carbohydrates.

meringue: In a large bowl, combine the reserved four egg whites and the cream of tartar. Beat with an electric mixer on medium to high speed until soft peaks form (tips curl). Gradually add the superfine sugar, beating for about 5 minutes or until stiff peaks form (tips stand straight).

Remove the custard-topped cake from the freezer. Remove the cake and custard from the pan and discard the plastic wrap. Place the cake (with the custard side up) on the prepared pan. Working quickly, spread the meringue evenly over the cake. Return the meringue-topped dessert to the freezer and freeze until serving time (up to four hours).

Remove any baking racks above the middle rack. Preheat the broiler. Broil 4 to 5 inches from the heat for 1 to 2 minutes or until browned. Serve immediately.

## Desserts

### Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	349	<b>Vitamin B6 (mg):</b>	trace
<b>% Calories from Fat:</b>	65.6%	<b>Vitamin B12 (mcg):</b>	.1mcg
<b>% Calories from Carbohydrates:</b>	32.0%	<b>Thiamin B1 (mg):</b>	trace
<b>% Calories from Protein:</b>	2.3%	<b>Riboflavin B2 (mg):</b>	.1mg
<b>Total Fat (g):</b>	27g	<b>Folacin (mcg):</b>	3mcg
<b>Saturated Fat (g):</b>	16g	<b>Niacin (mg):</b>	trace
<b>Monounsaturated Fat (g):</b>	8g	<b>Caffeine (mg):</b>	17mg
<b>Polyunsaturated Fat (g):</b>	1g	<b>Alcohol (kcal):</b>	2
<b>Cholesterol (mg):</b>	82mg	<b>% Refuse:</b>	0.0%
<b>Carbohydrate (g):</b>	29g		
<b>Dietary Fiber (g):</b>	1g	<b>Food Exchanges</b>	
<b>Protein (g):</b>	2g	<b>Grain (Starch):</b>	0
		<b>Lean Meat:</b>	0

**Sodium (mg):** 91mg  
**Potassium (mg):** 149mg  
**Calcium (mg):** 48mg  
**Iron (mg):** 1mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** trace  
**Vitamin A (i.u.):** 885IU  
**Vitamin A (r.e.):** 252RE

**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 5 1/2  
**Other Carbohydrates:** 1 1/2

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

**Calories** 349 Calories from Fat: 229

### % Daily Values\*

<b>Total Fat</b>	27g	41%
	Saturated Fat 16g	82%
<b>Cholesterol</b>	82mg	27%
<b>Sodium</b>	91mg	4%
<b>Total Carbohydrates</b>	29g	10%
	Dietary Fiber 1g	5%
<b>Protein</b>	2g	

<b>Vitamin A</b>	18%
<b>Vitamin C</b>	1%
<b>Calcium</b>	5%
<b>Iron</b>	3%

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