



Baked Alaska

READY IN



90 min.

SERVINGS



6

CALORIES



699 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup almond flour
- ☐ 8 tablespoons butter (1 stick)
- ☐ 0.3 pound chocolate sandwich cookies finely (recommended: Oreo's)
- ☐ 2 tablespoons coffee extract
- ☐ 6 servings rum dark
- ☐ 2 egg whites
- ☐ 8 egg whites
- ☐ 2 egg yolks
- ☐ 4 egg yolks

- ☐ 1 cup heavy cream
- ☐ 1 pinch salt
- ☐ 0.5 cup sugar
- ☐ 1 cup sugar
- ☐ 1 vanilla pod
- ☐ 0.5 tablespoon vanilla extract

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ double boiler
- ☐ hand mixer
- ☐ cookie cutter
- ☐ wax paper
- ☐ rolling pin
- ☐ muffin tray
- ☐ pastry bag

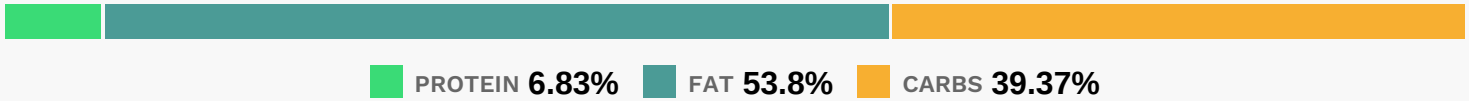
Directions

- ☐ For the parfait: Whip the heavy cream to soft peaks. Set aside in the refrigerator.
- ☐ Put the egg yolks, sugar, 1 tablespoon water, vanilla seeds, and vanilla extract in the top of a double boiler over medium heat.
- ☐ Mixing continuously, cook the ingredients until the temperature reaches 140 degrees F.

- ☐ Put the mixture into the bowl of an electric mixer and mix on medium-high speed until it has doubled in volume and comes to room temperature. Separate the mixture into 2 bowls. In 1 bowl, mix in the coffee extract. Set aside. Fold half the heavy cream into the coffee mixture, and half into the vanilla mixture. Whip the egg whites to soft peaks. Fold half the egg whites into the coffee mixture, and half into the vanilla mixture.
- ☐ Lightly butter a 6-cup muffin tin; cut wax paper to fit in the bottom of each cup. Fill the cups halfway with the vanilla mixture. Tap the muffin tin lightly on the counter to make sure the cream mixture settles evenly. Fill the cups the remaining way with the coffee mixture.
- ☐ Place the tin in the freezer until firmly set.
- ☐ For the cookies: Preheat the oven to 350 degrees F. Line a baking sheet with parchment paper.
- ☐ Put the cookie crumbs, almond flour, and egg yolks in a bowl.
- ☐ Mix by hand until homogenous.
- ☐ Place the mixture between 2 large pieces of plastic wrap. Flatten with your hand, and then roll out with a rolling pin to 1/8-inch thick. Take the top sheet of plastic wrap off and flip on to the prepared baking sheet.
- ☐ Remove the bottom sheet of plastic wrap.
- ☐ Bake for 5 minutes.
- ☐ Remove from the oven and cut into circles with a cookie cutter a little larger than the top of your muffin cup. Set aside.
- ☐ When the cookies are cool and the parfait is frozen, invert the parfaits onto the cookie bases and place back in the freezer (make sure the parfaits are centered on the cookie).
- ☐ Put the egg whites and sugar in the bowl of an electric mixer and whisk over a saucepan of simmering water until the sugar dissolves.
- ☐ Transfer the bowl to the mixer and whip on medium-high speed until you have firm glossy peaks.
- ☐ Place in a pastry bag with a 1/2-inch tip.
- ☐ Preheat the oven to 400 degrees F.
- ☐ Remove the parfaits from the freezer. Starting at the bottom of the cookie, working in circles, make meringue kisses until all of the parfait is covered. Put back in the freezer. When ready to serve, bake until golden brown.
- ☐ Drizzle with Rum Caramel Sauce and serve.

- ☐ Pour the cream into a 1-quart saucepan.
- ☐ Add the butter and bring to a simmer. Turn off the heat.
- ☐ Meanwhile, in a 2-quart saucepan, add the sugar and 2 tablespoons water. Swirl and let the sugar absorb the water.
- ☐ Heat over medium-high heat until it caramelizes (watching carefully) to a dark amber color. Turn off heat. Carefully pour the warm cream, a little at a time, being very careful to avoid any splattering caramel.
- ☐ Add salt, to taste. When all the cream has been added, mix well and pour into a container.
- ☐ Add rum, to taste.

Nutrition Facts



Properties

Glycemic Index:34.2, Glycemic Load:34.91, Inflammation Score:-6, Nutrition Score:9.6808694769507%

Nutrients (% of daily need)

Calories: 698.96kcal (34.95%), Fat: 40.52g (62.34%), Saturated Fat: 21.67g (135.43%), Carbohydrates: 66.7g (22.23%), Net Carbohydrates: 65.66g (23.88%), Sugar: 59.52g (66.13%), Cholesterol: 279.36mg (93.12%), Sodium: 302.91mg (13.17%), Alcohol: 5.38g (100%), Alcohol %: 3.08% (100%), Protein: 11.57g (23.14%), Selenium: 22.74µg (32.48%), Vitamin B2: 0.45mg (26.56%), Vitamin A: 1309.52IU (26.19%), Iron: 3.07mg (17.06%), Phosphorus: 123.43mg (12.34%), Vitamin E: 1.73mg (11.53%), Vitamin D: 1.61µg (10.71%), Folate: 41.96µg (10.49%), Vitamin B12: 0.49µg (8.19%), Vitamin B5: 0.81mg (8.12%), Manganese: 0.15mg (7.56%), Vitamin K: 7.88µg (7.51%), Calcium: 71.77mg (7.18%), Potassium: 190.41mg (5.44%), Vitamin B1: 0.08mg (5.39%), Copper: 0.1mg (5.01%), Magnesium: 18.56mg (4.64%), Zinc: 0.69mg (4.62%), Vitamin B6: 0.08mg (4.24%), Fiber: 1.04g (4.17%), Vitamin B3: 0.59mg (2.94%)