



Baked Alaska Saint Pierre

READY IN



45 min.

SERVINGS



10

CALORIES



438 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup cake flour (not self-rising)
- ☐ 0.3 teaspoon cream of tartar
- ☐ 7 large egg whites
- ☐ 3 large eggs for 30 minutes at room temperature
- ☐ 2 tablespoons grand marnier
- ☐ 1 eggshell half cleaned
- ☐ 1 pint orange sorbet softened
- ☐ 0.3 cup orange marmalade sweet
- ☐ 2 teaspoons orange zest fresh finely grated

- ☐ 0.3 teaspoon salt
- ☐ 1.3 cups sugar
- ☐ 3 tablespoons butter unsalted cooled melted
- ☐ 1 teaspoon vanilla
- ☐ 1 qt superpremium vanilla ice cream softened

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ plastic wrap
- ☐ hand mixer
- ☐ cake form
- ☐ wooden spoon
- ☐ stand mixer
- ☐ wax paper
- ☐ kitchen towels
- ☐ spatula
- ☐ skewers
- ☐ serrated knife

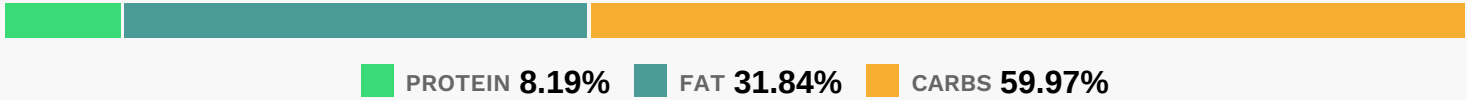
Directions

- ☐ Beat marmalade into vanilla ice cream in a bowl with a wooden spoon until combined, then spread in an 8-inch cake pan.

- ☐ Spread sorbet in other 8-inch cake pan. Cover pans with plastic wrap and freeze until firm, at least 3 hours.
- ☐ Put oven rack in middle position and preheat oven to 350°F. Butter 9-inch cake pan and line bottom with a round of parchment or wax paper, then butter paper.
- ☐ Sift flour and salt into a bowl.
- ☐ Heat eggs and sugar in a large metal bowl set over a pot of simmering water, gently whisking constantly, until lukewarm and sugar is dissolved.
- ☐ Remove bowl from pot and add zest and liqueur, then beat with an electric mixer at high speed until very thick, pale, and tripled in volume (about 7 minutes in a stand mixer or 10 minutes with a handheld). If using a tall narrow bowl, transfer to a large wide bowl (to facilitate folding). Resift flour and salt over eggs in 2 batches, folding gently but thoroughly after each batch. Fold butter into about 1 cup batter in a small bowl until just combined, then fold butter mixture into remaining batter gently but thoroughly until just combined.
- ☐ Spread in buttered pan, smoothing top.
- ☐ Bake cake until a wooden pick or skewer inserted in center comes out clean, about 15 minutes. Cool in pan on a rack 5 minutes, then run a thin knife between cake and side of pan and invert rack over cake. Flip cake onto rack and cool completely. Peel off paper.
- ☐ Cut cake horizontally in half with a long serrated knife to form 2 layers, then tightly wrap each layer in plastic wrap and freeze 30 minutes.
- ☐ Put 1 cake layer on plate or inverted cake pan (at least 10 inches, but small enough to fit in your freezer). Dip pan containing vanilla ice cream mixture in a large bowl of hot water briefly to loosen, 5 to 7 seconds (have a kitchen towel ready to wipe off water), and unmold ice cream onto cake. Top vanilla ice cream layer with second cake layer, cut side up. Unmold sorbet layer onto cake in same manner and freeze ice cream cake until firm, about 1 hour.
- ☐ Beat egg whites and a pinch of salt in a large bowl with cleaned beaters at moderately high speed until foamy, then add cream of tartar and continue to beat until whites hold soft peaks.
- ☐ Add sugar a little at a time, beating, and continue beating until whites just hold stiff, glossy peaks. Beat in vanilla.
- ☐ Put oven rack in lower third of oven and preheat oven to 450°F.
- ☐ Transfer frozen cake (still on plate or inverted cake pan) to a baking sheet lined with parchment or wax paper and spread meringue over cake, making it at least 1 inch thick and mounding it on top. Make an indentation with a tablespoon in center of meringue deep enough to fit eggshell.

- ☐ Bake cake until edges are lightly browned, about 5 minutes. Carefully transfer cake to a serving plate using 2 metal spatulas and place eggshell in indentation.
- ☐ Pour liqueur into eggshell and carefully ignite with a kitchen match. Spoon flaming liqueur evenly over meringue (flaming liqueur will brown meringue a little more).
- ☐ Remove eggshell and serve baked Alaska immediately.
- ☐ • Cake with ice cream and sorbet, but without meringue, can be assembled 2 days ahead and frozen, tightly wrapped in plastic wrap. • The egg whites in the meringue will not be fully cooked. If salmonella is a problem in your area, you can substitute Eggology brand pasteurized egg whites.

Nutrition Facts



Properties

Glycemic Index:24.06, Glycemic Load:35.5, Inflammation Score:-5, Nutrition Score:9.2282608643822%

Flavonoids

Hesperetin: 12.89mg, Hesperetin: 12.89mg, Hesperetin: 12.89mg, Hesperetin: 12.89mg Naringenin: 7.25mg, Naringenin: 7.25mg, Naringenin: 7.25mg, Naringenin: 7.25mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 437.87kcal (21.89%), Fat: 15.54g (23.91%), Saturated Fat: 9.09g (56.78%), Carbohydrates: 65.87g (21.96%), Net Carbohydrates: 63.8g (23.2%), Sugar: 57.1g (63.44%), Cholesterol: 106.5mg (35.5%), Sodium: 200.69mg (8.73%), Alcohol: 0.92g (100%), Alcohol %: 0.5% (100%), Protein: 8.99g (17.99%), Vitamin C: 26.8mg (32.48%), Vitamin B2: 0.43mg (25.29%), Selenium: 13.92µg (19.88%), Calcium: 157.19mg (15.72%), Phosphorus: 147.04mg (14.7%), Vitamin A: 699.61IU (13.99%), Potassium: 358.89mg (10.25%), Vitamin B5: 0.98mg (9.78%), Vitamin B12: 0.53µg (8.84%), Fiber: 2.07g (8.26%), Folate: 30.17µg (7.54%), Zinc: 0.95mg (6.36%), Vitamin B1: 0.09mg (6.22%), Magnesium: 24.42mg (6.11%), Vitamin B6: 0.11mg (5.29%), Vitamin E: 0.66mg (4.38%), Copper: 0.08mg (4.23%), Manganese: 0.08mg (4.03%), Vitamin D: 0.55µg (3.68%), Iron: 0.51mg (2.82%), Vitamin B3: 0.36mg (1.79%)