



Shaun Hergatt's Lamington Bars

READY IN



90 min.

SERVINGS



50

CALORIES



132 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 4 large eggs
- ☐ 1.8 cups flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 1 cup heavy whipping cream
- ☐ 3 tablespoons milk
- ☐ 8 ounces chocolate coarsely chopped
- ☐ 9 ounce raspberry jam
- ☐ 5.5 tablespoons butter unsalted

☐ 0.5 pound coconut shredded unsweetened

Equipment

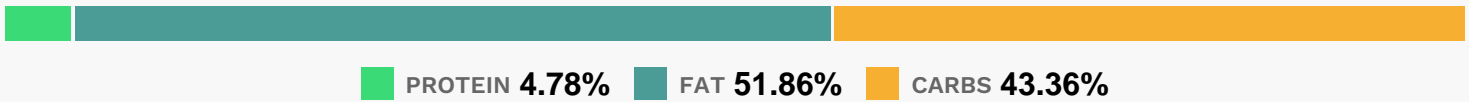
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ stand mixer
- ☐ baking spatula

Directions

- ☐ To make the cake: Preheat the oven to 325°F. Line a half-sheet pan with parchment paper.
- ☐ In the bowl of a stand mixer fitted with the whisk attachment, beat the eggs and sugar on high speed until light and foamy, about 5 minutes.
- ☐ In another bowl, sift the flour and baking powder together.
- ☐ Melt the butter in a small saucepan, and add the corn syrup.
- ☐ Remove the egg mixture from the mixer. With a silicone spatula, fold in the flour mixture.
- ☐ Add the milk, and then the butter mixture, just until combined.
- ☐ Spread the batter onto the prepared pan.
- ☐ Bake for 8 minutes. Cool completely on a wire rack.
- ☐ Place the chocolate in a heatproof bowl.
- ☐ Heat the cream over a medium heat, until just boiling.
- ☐ Pour the hot cream over the chocolate, stirring until melted and smooth.
- ☐ To finish the bars: Line a half-sheet pan with parchment paper.
- ☐ Cut the sponge in half, down the middle.

- ☐ Spread the raspberry jam evenly over one half and place the other half on top.
- ☐ Cut into cubes.
- ☐ Using a fork, dip each cube into the chocolate ganache, and then roll each one in a bowl of the coconut, coating the entire cube.
- ☐ Place the coated cube on the parchment-lined half-sheet pan. Repeat this process and chill the pan full of cubes, uncovered, in the refrigerator for a few minutes to set.

Nutrition Facts



Properties

Glycemic Index:7.45, Glycemic Load:8.22, Inflammation Score:-1, Nutrition Score:2.5804347758708%

Nutrients (% of daily need)

Calories: 131.99kcal (6.6%), Fat: 7.91g (12.18%), Saturated Fat: 5.54g (34.63%), Carbohydrates: 14.89g (4.96%), Net Carbohydrates: 13.73g (4.99%), Sugar: 9.35g (10.38%), Cholesterol: 23.68mg (7.89%), Sodium: 24.36mg (1.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.64g (3.28%), Manganese: 0.18mg (9.01%), Selenium: 3.98µg (5.68%), Fiber: 1.16g (4.65%), Vitamin B2: 0.07mg (4.16%), Copper: 0.08mg (3.87%), Phosphorus: 36.29mg (3.63%), Iron: 0.59mg (3.3%), Magnesium: 11.36mg (2.84%), Folate: 11.23µg (2.81%), Vitamin B1: 0.04mg (2.79%), Vitamin A: 131.51IU (2.63%), Calcium: 17.89mg (1.79%), Zinc: 0.26mg (1.74%), Potassium: 58.26mg (1.66%), Vitamin B3: 0.33mg (1.63%), Vitamin B5: 0.14mg (1.38%), Vitamin B6: 0.03mg (1.38%), Vitamin D: 0.19µg (1.26%), Vitamin E: 0.16mg (1.08%)