

# Baked Alaska

Printed from Ice Cream Recipes at <http://www.icecreamrecipes.org/>

## Ingredients:

1 cup of sifted all-purpose flour.  
2/3 cup of sugar.  
¼ cup of shortening.  
½ cup of milk.  
1 ½ teaspoons of baking powder.  
½ teaspoon of salt.  
1 teaspoon of vanilla extract.  
1 medium egg.  
1 quart of ice cream.

## MERINGUE TOPPING

8 medium egg whites, room temperature.  
Pinch of salt.  
¾ cup of superfine sugar.

## Directions:

Grease and lightly flour a 9-inch square pan.

In a mixing bowl, sift together the flour, sugar, baking powder and salt.

Add the shortening and milk.

Beat for 90 seconds with an electric mixer on low speed.

Add in the egg and vanilla and beat for another 90 seconds.

Pour into pan and bake at 350°F (175°C) for about 25 minutes, or until a toothpick inserted into cake comes out clean.

Allow to cool.

Place the cake on a cookie sheet and cut strips 2 inches wide from each side of cake.

Put the ice cream on top of cake and completely cover both with meringue.

Seal meringue to edges.

Bake at 450°F (230°C) for 5 minutes, or until lightly browned.

Serve immediately.

## MERINGUE TOPPING

Beat the egg whites and salt until they form soft peaks.

Still beating, slowly pour in the sugar and continue to beat for about 5 minutes, until the egg whites are stiff and glossy.

Immediately spread over cake and ice cream.