

Nanaimo Bars

Food Network Magazine - July/August 2020

Yield: 16 bars

FOR THE BASE

*1 stick unsalted butter
5 tablespoons unsweetened
cocoa butter
1/4 cup granulated sugar
1 large egg, beaten
1 3/4 cups graham cracker
crumbs
1 cup sweetened coconut
flakes, shredded
1/2 cup almonds, finely
chopped*

FOR THE MIDDLE LAYER

*1 stick unsalted butter,
room temperature
2 tablespoons + 2
teaspoons heavy cream
2 tablespoons instant vanilla
pudding mix*

FOR THE TOPPING

*4 ounces semisweet
chocolate, chopped
2 tablespoons unsalted
butter*

Line an eight-inch square baking dish with parchment paper.

Make the base layer: In a heatproof bowl set over a saucepan of simmering water, combine the butter, cocoa powder and granulated sugar. Heat, stirring, until melted. Stir in the egg until thickened, 1 to 2 minutes. Remove the bowl from the pan. Stir in the graham cracker crumbs, coconut and almonds. Press into the prepared pan.

Make the middle layer: In a bowl, beat the butter, heavy cream and pudding mix with a mixer on medium speed until combined, about 3 minutes. Gradually beat in the confectioner's sugar until light and fluffy, about 5 minutes. Spread over the base layer.

Make the topping: In a clean heatproof bowl over the pan of simmering water, melt the chocolate and butter, stirring. Let cool for 2 minutes. then pour over the middle layer.

Cover. Refrigerate until set, about one hour.

Cut into bars.

Per Serving (excluding unknown items): 6603 Calories; 498g Fat (65.6% calories from fat); 50g Protein; 537g Carbohydrate; 15g Dietary Fiber; 1423mg Cholesterol; 1379mg Sodium. Exchanges: 8 1/2 Grain(Starch); 2 1/2 Lean Meat; 2 1/2 Fruit; 1 1/2 Non-Fat Milk; 98 Fat; 24 Other Carbohydrates.