



Recipe Category / Ice Cream

Baked Alaska

10'

Hands on

4 hours'

Hands off

6-8

Portion(s)

1

Difficulty



Method

- Line a 20 cm round bowl with plastic wrap in a crisscross manner, letting the ends fall over the edges of the bowl.
- Add your choice of ice cream in layers on the bottom of the bowl.
- Spread it with a spoon and cover with the overhanging ends of plastic wrap. Press down on it with your hands so that you flatten the surface of the ice cream.
- Place in freezer for 4 hours so it can freeze.
- Place the sponge cake or cake on a serving platter. Ideally, the sponge cake should be a little larger than the diameter of the bowl with the ice cream.
- When the ice cream has frozen, remove from freezer, lift the plastic wrap and turn it out over the sponge cake.
- Remove plastic wrap completely and place back in freezer until you make the [meringue](#). Transfer to a [pastry bag](#).
- Remove the bowl from the freezer and pipe the meringue over the whole surface of the sponge cake.
- "Cook" the meringue with a kitchen torch until golden brown.
- Dip a [knife](#) into hot water to cut each piece and serve immediately.
- Once the meringue has been added you can't place it back in the freezer because the meringue will drop.

Ingredients

- 1 ½ kilos ice cream, your choice
- 150 g sponge cake, ready made
- 150 g [meringue](#)

Διατροφικός πίνακας

Nutrition information per portion

488 Calories (kcal)	20.0 Total Fat (g)	13.0 Saturated Fat (g)	68.0 Total Carbs (g)
24%	29%	65%	26%
64.0 Sugars (g)	8.2 Protein (g)	0.6 Fibre (g)	0.57 Sodium (g)
71%	16%	2%	10%