

## Chilling Out With A Hot Dessert

(NAPSA)—The exact genesis of the meringue-encrusted ice cream surprise is a matter of debate, but there's no doubt that when a New York City restaurateur served up his version of "Baked Alaska" in 1876 to commemorate the American acquisition of the vast territory, the name stuck.

Today this sweet ending is making a comeback at trendy eateries across the country, and who better to offer a recipe for this classic dessert than the culinary experts at Princess, the leader in Alaska cruise tour vacations.

Often presented at the table while still flaming, this dramatic confection is a favorite of Princess passengers, providing a spectacular finish to an Alaska-themed meal.

Whether serving this specialty in one of Princess' five custom-built wilderness lodges, or while snaking past Mt. McKinley onboard the Midnight Sun Express, or while sailing through the dramatic scenery of Glacier Bay, Princess chefs add an extra special touch by using homemade ice cream in this legendary dessert.

### Princess' Baked Alaska (Serves Eight)

#### *Vanilla Sponge*

(Makes one 9-inch cake)

6 egg yolks

¾ cup sugar

1 teaspoon vanilla essence  
juice from 1 lemon

¼ cup sweet white wine

1¼ cups flour

½ teaspoon salt

1 teaspoon baking powder

4 egg whites

#### *Ice Cream*

vanilla ice cream



Baked Alaska, a favorite with cruisers, can also be enjoyed at home.

strawberry ice cream  
chocolate ice cream (other flavors may be substituted)

#### *Meringue*

2 cups sugar

¼ teaspoon cream of tartar

1 cup water

6 egg whites

#### *Chocolate Sauce*

1½ cups water

⅔ cup honey

3 ounces unsweetened  
chocolate

½ teaspoon vanilla essence

¼ cup brandy

**Preparation for Vanilla Sponge:** Preheat oven to 350 degrees. Whisk egg yolks and sugar over a hot water bath until doubled in volume. Add vanilla, lemon juice, wine and whisk. Remove from water bath and cool. Sift flour, salt and baking powder together, gently folding into egg mix. Whisk egg whites to stiff peak and fold into mix. Grease and flour cake pan. Pour mixture

to fill pan ⅔ full. Bake 40 minutes or until toothpick inserted into center comes out clean. Cool on wire rack.

**Meringue:** In saucepan dissolve sugar and cream of tartar in water and bring to a boil. Cook covered till temperature of 240 degrees is reached, remove from heat and cool slightly. Whisk egg whites to soft peak. Continue to whisk and drizzle in hot sugar syrup. Whisk meringue until cool and medium peak is achieved.

Preheat broiler to 500 degrees. Assemble Baked Alaska in an over proof casserole or cake pan. Layer bottom of casserole with ½ of sponge cake. Spread ice cream in three layers filling up casserole. Top casserole with another layer of sponge cake. Top exposed surfaces with meringue. Put meringue in piping bag to make decorating easier.

Put casserole under broiler and brown meringue approximately 3 minutes. Do not leave unattended—burns easily. Serve at once.

**Chocolate Sauce:** Reduce water and honey over moderate heat to form syrup. Chop chocolate and melt into syrup without boiling. Add vanilla and brandy and cook 5 more minutes without boiling. Sauce will thicken as it cools.

Decorate plates with chocolate sauce and top with slice of Baked Alaska. Edible flowers or dried strawberries can be used for garnish.

To plan an Alaska land/sea vacation, visit [www.princess.com](http://www.princess.com) or call 1-800-PRINCESS.