



NANAIMO BARS

#myshangrila

Recipes courtesy of Shangri-La Hotel, Vancouver

INGREDIENTS

Serves 4

Topping

Semi-sweet chocolate, melted 1/2 cup
Vegetable oil 2 Tbsp

Middle Layer

Unsalted butter soft 6 tbsp
Custard powder or vanilla pudding mix 2 tbsp
Whipping cream 3 tbsp
Powdered sugar 2 cup

Base

1 1/2 cup Melted butter
1 1/2 cup Chocolate cookie of your preference, crushed

RECIPE

- 1 Pre heat the oven to 350 F (180 C).
- 2 Line an 8x8 inch (20 x 20 cms) baking pan with parchment paper on the base and sides.
- 3 For the base mix, crush the cookies and mix with the melted butter. Push into the base of the pan evenly.
- 4 Bake for 5 minutes and allow to cool.
- 5 In a mixer or large bowl, beat the butter until light and fluffy.
- 6 Mix in the custard or vanilla pudding and the whipping cream.
- 7 Slowly add powdered sugar a little at a time. It will become thicker than normal icing / frosting.
- 8 Spread the mixture over the base and smoothen the top. Place in the fridge for 20 minutes to form a crust or until the top is slightly set.
- 9 Place a saucepan on medium heat, then melt the chocolate. Add oil and mix until combined.
- 10 Remove baking pan from the fridge, pour the chocolate mixture over the top and smoothen.
- 11 Return to the fridge until completely firm (approximately 2 hours).
- 12 Take out of the fridge, leave for about 10 minutes before cutting into bars.

TIPS

- This famous dessert was created in Nanaimo, British Columbia, Canada. It is a no bake dessert that is regarded as one of Canada's most renowned confections.