



The Nanaimo Bar

The ever popular Nanaimo Bar, known internationally and a favorite dessert in many restaurants, has a notable thermal significance. During Nanaimo's heyday as an international coal provider, families of miners sent care packages which often included this sweet treat. Dubbed a Nanaimo Bar, the cake traveled well on its journey from the United Kingdom and brightened the spirits of our courageous underground workers.

Standard Recipe

Base:

- 1/2 cup butter
- 1/4 cup sugar
- 5 Tbsp cocoa powder
- 1 egg, lightly beaten
- 1 tsp vanilla
- 1 1/2 cups graham cracker crumbs
- 1 cup shredded coconut
- 1/2 cup chopped walnuts

Filling:

- 1/3 cup butter
- 3 Tbsp custard powder, Bird's brand (ask your grocer)
(or substitute vanilla jello pudding powder)
- 1/4 cup milk
- 3 cups icing sugar

Topping:

- 8 ounces semisweet chocolate
- 2 Tbsp butter

Base: melt butter in heavy saucepan. Stir in sugar and cocoa until smooth. Whisk egg with vanilla and stir into butter mixture. Remove from heat. Stir in crumbs, coconut and nuts. Press evenly over bottom of greased 9" square pan. Chill until set, at least 20 min.

Filling: Beat butter with wooden spoon until light. Beat in custard powder and milk. Gradually beat in sugar. Spread over chilled base and let set in fridge.

Topping: Melt together chocolate and butter; stir until smooth. Spread in even layer over chilled filling. Store in fridge until choc. topping begins to harden. Score topping into bars. Cut before totally solid, use a hot knife, wipe clean between cuts. Store in fridge or freeze for up to 2 months.

VARIATION: Mint Filling

- 1/3 cup butter
- 3 Tbsp custard powder, Bird's brand
(or substitute jello pudding powder)
- 1/4 cup milk
- 3 cups icing sugar
- 1 tsp. peppermint flavoring
- 1 or 2 drops green food coloring as desired.

VARIATION: Grand Marnier Filling

- 2 c Icing Sugar
- 1/4 c Butter; softened
- 1/4 c Grand Marnier or orange -liqueur
- 1 tb Orange rind; coarsely grated

VARIATION: Bailey's Irish Cream

- 1/3 cup butter
- 3 Tbsp custard powder, Bird's brand
(or substitute vanilla jello pudding powder)
- 1/4 cup Bailey's Irish Cream
- 2 - 3 cups icing sugar

VARIATION: Cappuccino Filling

- 2 Tbsp milk
- 3 Tbsp unsalted butter
- 2 tsp instant coffee or espresso powder
- 1/2 tsp vanilla
- 2 cups icing sugar (aka powdered or confectioners)

VARIATION: Peanut Butter Filling

- 2 T Custard powder
- 1/4 c Milk
- 2 Tbsp Butter; softened
- 1/2 c Peanut butter, smooth
- 2 c Sugar icing sugar or confectioners -sifted

VARIATION: Cherry Filling

- 1/4 c Butter; softened
- 1 Tbsp. Cherry juice
- 2 c Icing sugar
- 1/3 c Maraschino cherries; chopped
- drop or 2 of red food coloring