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## WELCOME TO NANAIMO

### Who Invented the Nanaimo Bar?



According to local legend about 35 years ago, a Nanaimo housewife entered her recipe for chocolate squares in a magazine contest. In a burst of civic pride, she chose to dub the entry not "Daphne's Delights" or "Mary's Munchies", but "Nanaimo Bars". The entry won a prize, thereby publishing the town as much as her cooking.

Some American tourists claim sovereignty over the dessert, referred to as "New York Slice" which is sold in many other places in the world. Nanaimo residents refuse to accept this theory, however, believing that once you set foot on Vancouver Island, there are no other places in the world. The official Nanaimo Bar recipe was available as a handout as well as on quality tea towel and apron souvenirs.

In 1986, Nanaimo Mayor Graeme Roberts, in conjunction with Harbour Park Mall, initiated a contest to find the ultimate Nanaimo Bar Recipe. During the four-week long contest, almost 100 different variations of the famous confectionery were submitted. The winner: **Joyce Hardcastle**.

### The Nanaimo Bar Recipe

#### Bottom Layer

- 1/2 cup unsalted butter (European style cultured)
- 1/4 cup sugar
- 5 tbsp. cocoa
- 1 egg beaten
- 1 1/4 cups graham wafer crumbs
- 1/2 c. finely chapped almonds
- 1 cup coconut

Melt first 3 ingredients in top of double boiler. Add egg and stir to cook and thicken. Remove from heat. Stir in crumbs, coconut, and nuts. Press firmly into an ungreased 8" x 8" pan.

#### Second Layer

- 1/2 cup unsalted butter
- 2 Tbsp. and 2 Tsp. cream
- 2 Tbsp. vanilla custard powder
- 2 cups icing sugar

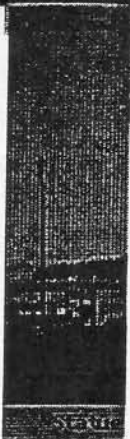
Cream butter, cream, custard powder, and icing sugar together well. Beat until light. Spread over bottom layer.

#### Third Layer

- 4 squares semi-sweet chocolate (1 oz. each)
- 2 Tbsp. unsalted butter

Melt chocolate and butter over low heat. Cool. Once cool, but still liquid, pour over second layer and chill in refrigerator.

From: [www.city.nanaimo.bc.ca/d\\_about/nanaimobars.asp](http://www.city.nanaimo.bc.ca/d_about/nanaimobars.asp)



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