



SCIENCE SPARKS

BAKED ALASKA



How can you put ice cream in a hot oven without it melting? Cover it with meringue! A Baked Alaska looks and tastes amazing. The secret is to cook it for just long enough to bake the meringue but not enough to melt the ice cream. The ice cream stays frozen because meringue and sponge cake are full of air bubbles and so don't conduct heat very well. They insulate the ice cream from the heat of the oven!

Ingredients

Sponge cake

Jam

Vanilla ice cream

3 egg whites

175g caster sugar

1/2 tea spoon cream of tartar



Instructions

Preheat the oven to 200 °C.

Slice the cake so you have five 1cm thick slices and place each on a baking sheet. Spread a thin layer of jam on top of each slice.

To make the meringue whisk the egg whites until they form stiff peaks, slowly add half the sugar and cream of tartar and whisk again. Add the rest of the sugar and whisk again until the meringue looks thick and glossy.

Place a scoop of ice cream on top of each sponge cake slice and cover with meringue mixture. Bake for 3-4 minutes and serve immediately!



Extension Tasks...

- Experiment with different types of cake and ice cream to find your favourite combination!



This activity is taken from **Snackable Science** - available from **AMAZON**

