

Butterscotch Walnut Meringue Bars

SweetReciPEAS, 2017



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BASE:

- 1 1/2 cups all-purpose flour
- 1 1/2 tsp. baking powder
- 1 Pinch salt
- 1 cup light brown sugar, firmly packed
- 1/2 cup cold butter, cut into pieces
- 2 large egg yolks
- 2 tablespoons bourbon, or vanilla

TOPPING:

- 2 egg whites
- 1 cup brown sugar, firmly packed
- 1 tablespoon bourbon
- 1 1/2 cups walnuts, chopped

Per Serving (excluding unknown items): 221 Calories; 12g Fat (47.2% calories from fat); 4g Protein; 25g Carbohydrate; 1g Dietary Fiber; 37mg Cholesterol; 114mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 2 Fat; 1 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com

Servings: 18

1. Preheat oven to 350 F. 2. Spray a 9-x-13-inch baking pan with baking spray. Set aside.
2. BASE: Add the flour, baking powder, salt & brown sugar in the bowl of a food processor fitted with a metal blade. Pulse until the ingredients come together. Add the butter and process until the butter is the size of small peas. Add the egg yolk and bourbon and pulse until the mixture has the consistency of sandy clumps. Pat mixture into the pan and level off by pressing with a small offset spatula or spoon.
3. Top with walnuts. Push them into the dough. The dough is crumbly so it will need to be patted down again.
4. MERINGUE: Using a stand mixer fitted with a whisk attachment beat egg whites until they hold a peak when whisk is lifted. Add the brown sugar and beat at the highest speed about 4 minutes. Add the bourbon and beat for another minute. Spread the meringue over the walnut layer. The meringue does stick to the dough, sort of - the dough is sandy, so it's not easy to spread. Just do your best you can. Bake 25 minutes or until tester inserted into pan comes out clean.
5. Let cool to room temperature and cut into squares.