



Nanaimo Bars

Traditionally, Nanaimo bars are made with a spoonful of custard powder — it's made by Bird's, and can be found in the Jell-O and puddings section. Don't worry that it doesn't call for much — the powder keeps on the shelf indefinitely.

Bottom layer:

1/2 cup butter

1/4 cup sugar

5 Tbsp cocoa

1 large egg, beaten

1 1/4 cups graham crumbs

1/2 cup finely chopped almonds, pecans or walnuts (optional)

1 cup shredded coconut

Middle layer:

1/2 cup butter, at room temperature

2 Tbsp cream or milk

2 Tbsp Bird's custard powder

2 cups icing sugar

Top layer:

4 oz semi-sweet chocolate, chopped

2 Tbsp butter

Bottom Layer: Melt the butter, sugar and cocoa in top of a double boiler. (Or if you promise to be gentle, you can do it on the stovetop in a regular pot over low heat.) Whisk in the egg and stir to cook and thicken. Remove from heat and stir in the crumbs, nuts and coconut. Press firmly into an ungreased 8x8-inch or 9x9-inch pan.

Middle Layer: In a medium bowl, beat the butter, cream and custard powder with an electric mixer; gradually add the icing sugar and beat until smooth and spreadable, adding a little extra sugar or cream if needed to achieve a frostinglike consistency. Spread over the bottom layer.

Top Layer: Melt chocolate and butter over low heat. Cool. Once cool, pour over middle layer, spread evenly, and chill. Cut into squares.