

New York Special Slices

Author: Supposedly from the Waldorf Astoria Hotel, New York City

***Carolyn T's
Cookbook***

Servings: 64



Notes: I acquired this recipe in 1963 from an older friend in Washington, D.C. A friend of hers had eaten a romantic dinner at the Waldorf Astoria Hotel in New York and was so intrigued with this dessert, she wrote and asked for the recipe. This was the first I'd ever heard of a chef sending a bill for a recipe, but he did. It cost her a lot of money, so she gave it away to everyone she knew. I've since seen the recipe in a variety of cloaks, one called Nanaimo Bars which contain mint flavoring.

Description: A layered cookie, also known by the name Nanaimo Bars.

1. Melt semi-sweet chocolate with butter. Add the egg, vanilla, coconut, nuts and graham cracker crumbs. Press this mixture into the bottom of a 9x9 greased pan. Refrigerate.
2. Melt the 4 T of butter and add it to the powdered sugar, mixed with the Bird's Dessert Powder and milk. Pour this mixture over the first layer and refrigerate again for about an hour.
3. Then, melt the 3 squares of bitter chocolate and 1 T butter. Pour this carefully over the top layer and spread to cover it all. Chill again. Cut into small squares to serve, and if you have trouble, dip the knife into a tall glass of very hot water. Keep the squares refrigerated, although they can be left at room temperature for a little while.

BASE:

- 2 ounces semisweet chocolate**
- 1/4 pound butter**
- 1 whole egg, beaten**
- 1 teaspoon vanilla**
- 2 cups graham cracker crumbs**
- 1 cup coconut flakes**
- 1/2 cup walnuts, chopped**

FILLING:

- 4 tablespoons butter**
- 2 cups powdered sugar**
- 2 tablespoons Bird's Dessert Powder**
- 4 tablespoons milk**

TOPPING:

- 3 ounces unsweetened chocolate**
- 1 tablespoon butter**

Categories: Cookies, Desserts, Holiday

Carolyn T's Blog:

<http://tastingspoons.blogspot.com>

Per Serving (excluding unknown items): 71 Calories; 5g Fat (56.0% calories from fat); 1g Protein; 7g Carbohydrate; trace Dietary Fiber; 10mg Cholesterol; 45mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 1 Fat; 1/2 Other Carbohydrates.