

June 2009 Ethnic Luncheon Hawaiian Luau

Macadamia Nut Bars

2 C all purpose flour
2 C packed light brown sugar
1 C shortening
1 egg
1 tsp baking soda
1 C sour cream
1 C chopped macadamia nuts

1. Preheat oven to 350 degrees. Lightly grease a 9x13 pan.
2. Make crust --- start by combining the flour and brown sugar in a large bowl. Cut in the vegetable shortening until mixture looks like coarse crumbs. Press evenly into 9x13 pan.
3. Make filling – beat the egg until thick and light colored. Next, beat in the baking soda. Lastly, stir in the sour cream. Mix all until well-blended.
4. Pour filling over the crust. Distribute chopped macadamia nuts evenly over the top.
5. Bake for 45-50 minutes, or until firm. Place pan on wire rack to cool. When cool, cut into bars.

Adapted from <http://hawaiianrecipes.org>