

# Chocolate Brownies

**Chocolate Brownies** are the ultimate indulgent treat and are easy and fun to make. **Brownies originated in the USA** and are one of America's favourite baked goods. Serve in small pieces topped with fruit such as bananas, peaches, pears, strawberries or raspberries and a scoop of vanilla ice cream or reduced-fat crème fraîche.



Egg, milk, soya and wheat (gluten)\*

Nutritional information per portion (53g):

Energy 848kJ 202kcal 10%	Fat 11g 15%	Saturates 3.8g 19%	Sugars 20g 23%	Salt 0.3g 5%
-----------------------------------	-------------------	--------------------------	----------------------	--------------------

of an adult's reference intake.  
Typical values per 100g: energy 1601kJ/381kcal.

## Equipment

Weighing scales  
Square baking tin  
20 x 20cm  
Baking parchment  
Small saucepan  
Medium mixing bowl  
Pan stand  
Small mixing bowl  
Measuring spoons  
Kettle  
Mixing spoon  
Large mixing bowl  
Whisk or fork  
Sieve  
Spatula  
Oven gloves  
Wire cooling rack

## Ingredients

**Makes 10–12 brownies**  
75g plain chocolate  
25g milk chocolate  
100g unsaturated fat spread  
1 x 15ml spoon cocoa powder  
2 x 15ml spoons boiling water  
2 eggs  
150g caster sugar  
1 x 5ml spoon vanilla extract  
75g plain flour

\*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



## Top Tip

- It is preferable to slightly undercook rather than overcook the brownies so they stay a little squidgy in the centre.

# Chocolate Brownies

## Method

1. Line the baking tin with baking parchment.
2. Preheat the oven to 180°C/160°C fan or gas mark 4.
3. Fill the saucepan one-third full of water.
4. Break the plain and milk chocolate into pieces and put into a medium mixing bowl and add the spread to the bowl.
5. Put the bowl over the pan, making sure that it does not touch the water and gently heat the water until it is hot and the chocolate starts to melt. Reduce the heat so that the water does not boil.
6. When the chocolate and spread are melted, remove from the heat and place the bowl on the pan stand. Stir well and leave to cool for a few minutes.
7. Put the cocoa powder into a small bowl, add the boiling water and mix until smooth.
8. Break the eggs into the large mixing bowl and add the sugar and vanilla extract. Whisk together until combined then whisk in the cocoa mixture.
9. Add the chocolate and spread mixture and whisk until smooth.
10. Weigh the flour and sift it over the chocolate mixture, then gently fold it in until just combined.
11. Pour the mixture into the tin and gently spread to the edges and bake in the centre of the preheated oven for 18–20 minutes or until only just firm in the centre.
12. Leave to cool in the tin for a few minutes before removing onto the cooling rack, leaving the baking parchment on.
13. Cut into squares when cold, remove from the baking parchment and serve.

## Something to try next time

- Fold in 75g of fresh raspberries with the flour at step 10.
- For Christmas brownies, add 50g of dried cranberries or cherries at step 10.

## Prepare now, eat later

- Store the brownies in an airtight container in the fridge for 2–3 days.

### Skills used include:

Weighing, measuring, sifting, whisking, combining, folding, melting, boiling/simmering and baking.

[www.bda.uk.com](http://www.bda.uk.com)