

KAREN'S CHOCOLATE BROWNIES



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Pre-heat oven to 180°C

1 cup butter/margarine (half of 500g brick) – melted

1 1/2 cup sugar (I use brown)

3/4 cup cocoa

2 small eggs

1 teaspoon baking powder

Pinch of salt

1 teaspoon vanilla essence

1 1/4 cup flour

Optional: 3/4 cup choc chips / M&M's / Oreo's / pecan nuts

Stir together (melted) margarine, sugar, cocoa, eggs, baking powder, salt, vanilla essence.

Add flour and stir until well blended. Add chocolate or other optional ingredients.

Grease pan, pour mixture in and bake at 180°C for 15-20 minutes.

I once substituted half the flour with uncooked oats for a "low GI" version and really enjoyed it.

The brownies are delicious as they are, but there are some sauce variations too.

Sauce Variations:

American Chocolate Fudge Sauce for on top:

200g Cadbury's Milk chocolate (broken into blocks)

1/2 to 1 tin condensed milk (to taste)

Melt together in the microwave on the lowest heat setting. Stir once every minute. Cook until well combined (all chocolate melted and no sugary particles left). It takes between 5 and 10 minutes to get a smooth consistency.

Chocolate Yoghurt Sauce

200g Cadbury's Milk chocolate (broken into blocks)

60ml condensed milk (to taste)

100ml milk

2 heaped spoons Greek or plain yoghurt

Melt together chocolate, condensed milk and milk in the microwave on the lowest heat setting. Stir once every minute. Cook until well combined (all chocolate melted and no sugary particles left). It takes between 5 and 10 minutes to get a smooth consistency. When cooked, add 2 heaped spoons of Greek (or Plain) yoghurt.

I use this recipe as the brownies for chocolate fudge brownie ice cream. For this you'll need:

2 litre tub Ola Rich'n Creamy chocolate ice cream

1 batch of brownies

American Chocolate Fudge Sauce

Cut the brownies in small pieces (about 1 cm x 2 cm). Cover with the American chocolate fudge sauce and allow the sauce to seep into the brownies. Either mix the fudge brownies into slightly softened ice cream OR layer the brownies and the ice cream in an ice cream container. Freeze again. Allow to soften slightly before serving.

Recipe posted and photo: Elize Herholdt