

CHOCOLATE FUDGE BROWNIE

There is nothing more decadent than a chocolate fudge brownie and this recipe yields brownies that are dense, with a rich chocolate flavour. It's like the best of both worlds, your favourite chocolate cake with a soft biscuit-like texture. If you dare, be extra decadent and top with our chocolate sauce.

Ingredients

SERVES 8 - 10

200 g (200 ml) butter
300 g (375 ml) sugar
100 g (180 ml) cake flour
30 g (75 ml) cocoa
15 ml vanilla essence
3 extra large eggs, lightly beaten
100 g dark chocolate, coarsely chopped
50 - 75 g hazelnuts, chopped

SAUCE

250 ml milk (or ideal milk or half milk, half cream)
100 g dark chocolate, broken into pieces
30 g (30 ml) butter
50 ml sugar
15 ml cocoa
15 ml flour

Method

1. Heat oven to 180 °C and lightly grease a 16 x 25 x 3 cm ovenproof dish or baking tin.
2. Melt butter in AMC 20 cm Gourmet High over a low heat, stir often, and turn stove-plate off. Stir in sugar until almost completely dissolved. Sieve dry ingredients together and add, with vanilla, to butter mixture.
3. Stir well with a wooden spoon and add



eggs, little by little, beating well after each addition.

4. Add chocolate and nuts and stir well. Spoon into prepared dish and bake for 25 - 30 minutes or until a skewer comes out clean. (Do not bake for too long.) Meanwhile, prepare sauce.

5. Sauce: Place all the ingredients, except cocoa and flour, in an AMC 20 cm Gourmet Low and heat over low temperature, while stirring often to dissolve sugar and melt chocolate.

6. Bring sauce slowly to the boil and allow to simmer for 5 minutes. Mix cocoa and flour with a little water and add to sauce. Stir constantly until mixture thickens.

7. Slice brownies into squares or circles, and serve warm or at room temperature with sauce and ice cream. (Use either vanilla, or a flavour of your choice, such as vanilla with hazelnut and chocolate.)

TIPS & VARIATIONS:

- Cappuccino brownies: Add 10 ml good quality instant coffee or 20 ml drinking chocolate to batter. Add half the quantity of either to the sauce.
- Serve chocolate sauce on its own with ice cream or any other dessert of your choice.