

Fudgy Brownies

Adapted by Our Young Chefs from "America's Test Kitchen Healthy Family Cookbook"

Makes one 9- by 13-inch pan; 24 or 32 brownies



For a truly fudgy consistency, bake the brownies just until a toothpick inserted in the center comes out with a few sticky crumbs attached. If over-baked (the toothpick emerges with no crumbs), the brownies will be dry and cake-y.

DIRECTIONS

Prepare the baking pan: Line the **bottom** and **all 4 sides** of a 9- by 13-inch rectangular pan with foil.

Method for lining a baking pan with foil: When lining a pan with foil, it is easy to accidentally poke a finger or fingernail through the foil when trying to fit the foil into a bottom corner or edge of the inside of the pan. The following method helps to prevent that.

Turn the pan to be lined upside down on a work surface. Place a piece of foil that is larger than the pan over the bottom of the pan with the shiny side down, facing the pan.

Carefully and gently smooth the foil to fit the shape of the outside of the pan perfectly and snugly. Lift off the foil shape. Turn over the pan. Gently fit the shape down into the pan for a perfect fit of the foil into the pan; *carefully and gently* press the corners and angle/creases of the foil into the corners and edges of the pan. Fold the foil back and down over the top edge of the pan.

Lightly coat the foil on the **bottom of the pan** and **1 inch up the sides** with oil using a pastry brush *OR lightly coat* with **oil spray**; set aside. Position an oven rack in the lower third of the oven. Heat the oven to 350°F.

INGREDIENTS



With the pan turned upside down, place the foil, shiny side facing the pan; smooth the foil to fit the shape of the outside of the pan snugly.



Turn over the pan, fit the foil shape inside the pan; gently press the corners and creases of the foil into place to line the pan.

Vegetable oil *OR* vegetable oil spray

1½ cups (7.5 ounces) unbleached all-purpose flour

⅔ cup (2.2 ounces) Dutch-processed cocoa

1 teaspoon baking powder

1 teaspoon salt

Prepare the dry ingredients: In a medium mixing bowl, combine the **flour**, **cocoa**, **baking powder** and **salt**; stir with a whisk to blend.

4 ounces bittersweet chocolate, chopped

¼ cup (2 ounces) unsalted butter

Melt the chocolate: Finely chop the **bittersweet chocolate**. In a small microwave-proof bowl, combine the **chopped chocolate** and **butter**; heat in the microwave on medium power (50% or level 5) for 1 minute. Remove from

the oven; stir. Return to the microwave, for 1 more minute on medium power (50% or level 5).

Remove from the oven; stir until melted and smooth. If the **chocolate** is not melted, return to the oven for 30 seconds at medium power. Transfer the **chocolate mixture** to a large bowl; allow to cool slightly.



Method to melt the chocolate *without* a microwave: Combine the **chopped chocolate** and **butter** in a metal or glass bowl that fits snugly over the top of a small saucepan *OR* place in the top container of a double boiler. Place $\frac{3}{4}$ to 1 inch **water** in the saucepan or bottom pan of the double boiler; bring the **water to a boil**, lower the heat to a simmer. Place the bowl *OR* top container of the double boiler with the **chocolate** and **butter** over the **simmering water**, the hot water should *not touch* the bottom of the container with the **chocolate** and **butter**. Gently heat the **chocolate** and **butter** until it melts, stirring occasionally. When it is melted, transfer the **chocolate mixture** to a large bowl; allow to cool slightly.

2 cups (14 ounces) sugar
 $\frac{1}{4}$ cup (2.1 ounces) low-fat sour cream
2 tablespoons (1.6 ounces) chocolate syrup
2 large eggs
2 large egg whites
4 teaspoons vanilla extract
Melted chocolate/butter mixture
(*prepared above*)

Dry ingredients (*prepared earlier*)
Wet ingredients (*prepared above*)

Prepare the wet ingredients: In a medium mixing bowl, combine the **sugar**, **sour cream**, **chocolate syrup**, **egg**, **egg white**, and **vanilla**; stir with a fork *OR* small whisk to combine. Add the **melted chocolate**; stir to blend.

Blend the batter: *Gently stir* the dry ingredients (**flour mixture**) into the bowl of **wet ingredients** using a flexible spatula, blending *just until* the dry ingredients are incorporated.

Bake: Scrape the **batter** into the **prepared baking pan**; smooth the **top** of the **brownie batter** using an angled metal spatula. Bake the brownies at 350°F for 20 to 24 minutes, until a toothpick inserted into the center comes out with just a few crumbs attached *OR* until an instant-read thermometer placed in the center of the brownies registers 195° to 198°F. Halfway through baking, rotate/reverse the **baking pan**.

Cool and serve: Allow the **brownies** to cool completely in the **pan** set on a **wire rack**, about 2 hours. Remove the **brownies** from the pan *by lifting out the foil*. Cut into 24 bars (4 by 6 rows) *OR* 32 bars (4 by 8 rows); serve. Store leftovers at room temperature in an airtight container.



Angled spatula