




American fudge brownies



Ingredients

- 7oz (200g) margarine
- 6 very heaped tbsp (75g)  cocoa powder
- 4 large eggs
- ½ tsp salt
- 14oz (400g)  caster or light brown sugar
- 1 tsp  vanilla essence
- 4oz (100g) plain flour
- 4oz (100g) walnuts coarsely chopped

Method

Preheat the oven to 350°F (180°C), Gas 4

1. In the top of a double boiler, over simmering water, melt the margarine with the cocoa. Stir well, remove, and cool the mixture to lukewarm. Whisk the eggs and salt until they are foamy, and gradually beat in the sugar and vanilla until it makes a creamy batter.
2. Sift the flour. Stir the chocolate mixture into the batter very gently, and while it still looks rather 'marbled' gradually fold in – do not mix – the flour. While some patches of flour are still to be seen, stir in the nuts. The reason for all this caution in setting the directions down is that brownies batter must not be overbeaten, or it loses its fudge-like texture.
3. Grease a tin about 9 x 13 in. (23 x 32cm), for thin brownies. For thicker ones, use an 8in. (20cm) square tin. Line the base with greased greaseproof paper. Bake for about twenty-five minutes, and remove the brownies from the tin while they are still hot. Peel off the paper and cool them on a rack. Cut them into large or small squares.

N.B. I always use Fairtrade ingredients where I can. I rarely make it with nuts these days. Very dark chocolate buttons work well instead. I use butter instead of margarine.