

Recipe – Chocolate Beetroot Brownies



A recipe for Chocolate Beetroot Brownies from the owner of Cafe Musa.

I've made brownies many times and always enjoy them, but I also enjoy trying recipes with a bit of a 'twist'. If you do too, you might like to try the chocolate beetroot version.

Beetroot provides brownies with an unusual and unexpected sweetness that you can't quite place (unless you know beetroot is in the mix). It creates a different texture too.

Making brownies is easy, whether you include beetroot or not, so they're ideal if you're a cake baking beginner.

It really is just a case of mixing the ingredients and putting it in the oven. Do remember to line the tray with greaseproof paper, though, as otherwise the brownies will stick to the tray.

When they're done, I like to add a dollop of creme fraiche to mine, although you might prefer vanilla ice-cream. They are also delicious on their own, with a cup of good coffee, hot chocolate or a mint tea.

CHOCOLATE BEETROOT BROWNIES

Ingredients

250g unsalted butter

250g dark chocolate

3 eggs

250g caster sugar

2g salt

150g self-raising flour

200g beetroot – fresh, or vacuum packed preferably, but tinned in water will also work (as long as it is unflavoured) grated

Crème fraiche or ice cream to serve

Method

Heat oven to 180 degrees

Grease and line a 20cm x 25cm baking tin (important to do this so you can lift it out and cut easier)

Gently melt butter & chocolate over a bowl of hot water, allow to cool slightly.

Whisk the eggs and sugar in a large bowl until pale colour, then add chocolate mix – whisk gently till smooth.

Gently fold in sifted flour ,salt and grated beetroot.

Bake for 30 minutes, allow the top to form a crust whilst centre remains soft.

Allow to cool in the tin for 30 minutes, then turn out onto a wire rack.

Cut into squares and serve with crème fraiche, to balance with the sweetness.

If you want to add anything to this recipe then a good suggestion is walnuts or cashew nuts (approx 75g). Or, or if you are feeling brave 1 small red chilli spices it up!

Sue Mitchell is owner of Cafe Musa on the Mound, 16 North Bank Street

www.cafemusa.co.uk

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