THE EDIBLE GARDEN

COOKBOOK & GROWING GUIDE

PAUL WEST

HOST OF RIVER COTTAGE AUSTRALIA

BEETROOT AND DARK CHOCOLATE BROWNIES

Beetroot and chocolate are a match made in heaven – they are both earthy and subtly sweet, and these brownies are the perfect way to bring them together. Adding vegetables to brownies doesn't exactly make them healthy, but these are so delicious you can pretend they are and have another.

1 beetroot (250 g)

250 g dark chocolate, roughly chopped

200 g unsalted butter, roughly diced

200 g caster sugar

3 eggs

100 g (1 cup) almond meal

1 teaspoon baking powder

140 g (1 cup) hazelnuts, lightly toasted and skins removed, roughly chopped

Place the beetroot in a medium saucepan and pour in enough water to cover. Bring to the boil over high heat, then reduce the heat and simmer gently for 30–40 minutes or until tender. Remove the beetroot from the water and set aside until cool enough to handle, then rub off the skin with your fingers (if you don't like the idea of purple hands, use a pair of rubber gloves). Grate the peeled beetroot and set aside.

Preheat the oven to 160°C. Grease a 25 cm square cake tin and line with baking paper.

Combine the chocolate and butter in a stainless-steel bowl, then place over a saucepan of gently simmering water and let them gently melt together. Make sure the bottom of the bowl doesn't touch the water.

Meanwhile, pop the sugar and eggs in another bowl and give them a good whisk to combine.

Once melted, pour the chocolate mixture into the egg mixture and whisk. Fold in the beetroot, almond meal, baking powder and hazelnuts.

Pour the mixture into the prepared tin and bake for about 40 minutes or until a knife or skewer inserted in the centre comes out clean.

Remove the brownie from the tin, then transfer to a wire rack and let it cool slightly. Cut into 20 squares and serve.

MAKES 20