Recipe card

Gooey chocolate and beetroot brownies

Ingredients

- ☐ 500g whole raw beetroot (3-4 medium beets)
- ☐ 100g unsalted butter, plus extra for the tin
- ☐ 200g bar plain chocolate (70% cocoa)
- ☐ 1 tsp vanilla extract
- ☐ 250g golden caster sugar
- ☐ 3 eggs
- ☐ 100g plain flour
- ☐ 25g cocoa powder

Method

- ☐ Wear a pair of rubber gloves to stop your hands from staining, then chop about 1cm off the top and bottom off the beetroot then peel it (you'll need about 400g of beetroot in total).
- ☐ Roughly chop the beetroot and put into a large microwave-proof bowl. Add a splash of water, cover with cling film, and then microwave it on high for 12 mins or until tender.
- ☐ Heat oven to 180C/160C fan/gas 4.
- ☐ Butter then line a 20 x 30cm traybake or small roasting tin.
- ☐ Roughly chop the chocolate and cut the butter into cubes.
- ☐ Once the beetroot has cooked, tip it into a sieve, drain off any excess liquid, then put into a food processor or blender with the chocolate, butter and vanilla.
- ☐ Blend until the mix is as smooth as you can get it. The chocolate and butter will melt as you do this.
- ☐ Put the sugar and eggs into a large bowl, then beat using a whisk until thick, pale and foamy. This will take about 5 mins, or 2 mins if you have an electric hand whisk that you can use instead.
- ☐ Spoon the beetroot mix into the bowl with the eggs (it won't look too pretty at this stage, but it will be OK!).
- ☐ Use a large metal spoon to fold it into the whisked eggs. Try to conserve as much air in the mixture as you can.
- ☐ Sift in the flour and cocoa powder.
- ☐ Gently fold these in to make a smooth batter.
- ☐ Pour into the prepared tin and bake for 25 mins or until risen all over, with just the merest quiver under the centre of the crust when you shake the pan.
- ☐ Cool completely in the tin, then cut into squares.