Recipe: \_\_\_**Brownies**\_\_\_\_\_\_\_\_\_\_ Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Yield: \_\_small loaf pan\_ Oven Temp: \_375\_°F

**INGREDIENTS**:

60 mL Margarine

35 mL Cocoa

1 Egg

125 mL Sugar

95 mL Flour

**Instructions:**

1. Preheat oven to 375°F. Grease loaf pan with shortening and line with parchment paper. (show teacher)
2. In a medium saucepan melt margarine and cocoa over medium heat, while stirring with a silicon spatula.
3. Remove saucepan from heat and place on cork pad to cool.
4. In a large bowl crack then beat egg with a fork.
5. Place sugar and flour on top of egg. DO NOT STIR YET!
6. Add warm cocoa mixture to the center of the bowl over the top of dry ingredients
7. Mix all ingredients together well.
8. Scrape mixture into greased pan using silicon spatula.
9. Bake for 18 - 20 minutes.
10. Remove from oven and let cool in pan for 5 minutes (If time is available)
11. Remove brownie from pan by loosening the edges of the brownie with the metal spatula then lift parchment paper out and place on a cutting board
12. Divide using the metal spatula and transfer to your containers. Wash pan and leave on counter.

**TEST FOR DONENESS:**

**Touch test:** Spring back when lightly touched with finger. No indent remains

**Toothpick test:**  Toothpick will have no sticky batter on it when removed from the center of

the brownie

Equipment on tray: Baking Time:

Dishwasher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Housekeeper(s): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Dish dryer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Special Duties: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Person A: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Person B: **TURN ON OVEN**, prepare

pan, pick up laundry, measure dry

ingredients

**Questions:**

1. Why do we grease pans that we are baking food in?

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1. Why should you not use butter to grease pans?

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1. Describe what could happen if you pour a hot mixture onto a cold egg?

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1. The World Health Organization recommends that we consume no more then **48g** of added sugar a day. This works out to be approx. **12tsp or 60mL**.
2. If you were to eat **half** of this brownie then you would be eating  **all / half** of the recommended limit of added sugar you should have for the day