

Brownies and Bars

BY SHANNON OELRICH

Salads and Salad Dressings is the recipe contest subject for May. Some people make the tastiest salads or homemade dressings. Are you one of them? If so, send us your recipe before February 10. The top winner will receive a copy of the *Texas Co-op Power Cookbook* and a gift pack from Adams Extract. Others whose recipes are published will also receive a gift pack from Adams Extract. Be sure to

include your name, address and phone number, as well as your co-op affiliation. Send recipes to Home Cooking, 2550 S. IH-35, Austin, TX 78704. You can also fax recipes to (512) 486-6254 or e-mail them to recipes@texas-ec.org.

There were so many wonderful entries for Brownies and Bars that we decided to devote both pages this month to readers' recipes. The favorite recipe was for the decadent Outrageous Brownies. Chocolatey with a punch of coffee, these are a crowd pleaser and, with a recipe that makes two 9x13-inch pans of brownies, they're a crowd feeder, too.

TINA MATTHEWS, a member of United Cooperative Services, submitted her Aunt Vickie's recipe. She wrote, "My family recently had an old-fashioned hayride. It was cold and cheery, and afterwards my Aunt Vickie had made these brownies and they were definitely 'the rave'—oh my gosh, melt in your mouth! Everyone wanted the recipe." Tina will receive a *Texas Co-op Power Cookbook* and a gift pack from Adams Extract. Other readers whose recipes are published below also will receive a gift pack from Adams Extract.

Outrageous Brownies

- 1 pound unsalted butter
- 6 squares (1 ounce each) semisweet baking chocolate
- 1 pound plus 2 cups chocolate chips (divide in half)
- 2 1/2 cups sugar
- 6 extra large eggs
- 3 tablespoons instant coffee crystals
- 2 tablespoons real vanilla
- 1 1/2 cups flour
- 1 tablespoon baking powder
- 1 teaspoon Kosher salt (you may use regular salt)
- 1 large bag walnuts or pecans, about 3 cups
- 2 tablespoons flour

Preheat oven to 350 degrees. In a double boiler, melt butter, 6 squares chocolate and half the chocolate chips. When melted, set aside. Mix sugar, eggs, coffee crystals and vanilla in a bowl. Do not overmix. Mix flour, baking powder and salt in another bowl. Put other half of chocolate chips and nuts in a third bowl. Add 2 tablespoons flour to coat nuts and chips well.

When chocolate/butter mixture is cool, pour in egg mixture and stir together. Add flour mixture and mix well. Fold in chips and nuts. Spread in a greased and floured 13x18-inch pan (or two 9x13-inch pans). Bake for 30 minutes. Do not overbake. Makes 4 dozen.

Serving size: 1 brownie. Per serving: 288 calories, 4 grams protein, 19 grams fat, 29 grams carbohydrates, 80 milligrams sodium, 44 milligrams cholesterol



© FOODPIX

Macaroon Brownies

- 1 cup margarine
- 2 cups sugar
- 4 eggs
- 1 teaspoon vanilla
- 2 cups all-purpose flour
- 1/2 cup baking cocoa
- 1/2 teaspoon cream of tartar
- 1/2 cup chopped walnuts

In a mixing bowl, cream margarine and sugar. Add eggs and vanilla; mix well. Combine flour, cocoa and cream of tartar. Gradually add to creamed mixture. Stir in nuts. Spread half into a greased 9x13-inch baking pan.

Macaroon filling:

- 1 package (14 ounces) flaked coconut
- 1 can (14 ounces) sweetened condensed milk
- 2 teaspoons vanilla

Combine all three ingredients. Carefully spread over chocolate layer. Top with remaining chocolate mixture. Bake at 350 degrees for 40-45 minutes. Cool on a wire rack.

Frosting:

- 3/4 cup sugar
- 1/4 cup milk
- 2 tablespoons margarine
- 1 cup miniature marshmallows
- 1 cup semisweet chocolate chips
- 1 teaspoon vanilla

Combine sugar, milk and margarine in a saucepan. Stir over medium heat until sugar is dissolved. Add remaining ingredients. Stir until marshmallows and chips are melted. Cool 25 minutes. Spread over brownies. Cut into finger-sized rectangular bars as these are very rich. Makes 4 dozen.

Serving size: 1 small bar. Per serving: 167 calories, 2 grams protein, 8 grams fat, 22 grams carbohydrates, 81 milligrams sodium, 18 milligrams cholesterol

NELDA MINCHEW, Navasota Valley EC

Best-Loved Chocolate Bars

- 1 package (about 18 ounces) chocolate cake mix
- 1 cup graham cracker crumbs (about 16 squares)
- 1/2 cup peanut butter (do not use reduced-fat)
- 1 egg
- 3 tablespoons half-and-half
- 1 package (8 ounces) cream cheese, softened
- 1 jar (about 12 ounces) hot fudge ice cream topping

- 1 package (about 12 ounces) milk chocolate chips

- 1 cup salted peanuts

In a bowl, combine the dry cake mix and graham cracker crumbs. Cut in peanut butter until mixture resembles coarse crumbs. In a bowl, whisk egg and half-and-half. Add to the crumb mixture just until moistened. Set aside 3/4 cup for topping. Press remaining crumb mixture into greased 9x13-inch pan.

In a mixing bowl, beat cream cheese until smooth. Add hot fudge topping; mix well. Spread over pressed crumb mixture. Sprinkle chocolate chips, peanuts and reserved crumb mixture over top. Bake at 350 degrees for 25-30 minutes or until set. Cool on wire rack. Cover; refrigerate at least 4 hours. Cut into squares. Refrigerate leftovers. Yield: 2 dozen.

Serving size: 1 bar. Per serving: 332 calories, 7 grams protein, 19 grams fat, 38 grams carbohydrates, 337 milligrams sodium, 22 milligrams cholesterol

EDNA RADFORD, Coleman County EC

Honey Bars

- 3/4 cup oil
- 1/4 cup honey
- 1 cup sugar
- 2 cups sifted flour
- 1/4 teaspoon salt
- 1 teaspoon soda
- 1 teaspoon cinnamon
- 1 egg, well beaten

Mix together first three ingredients. Sift remaining dry ingredients, then add to mixture. Add egg and mix well. The dough will be crumbly. Spread into a 9x13-inch pan—no need to grease first. Bake at 350 degrees for 25 minutes. Frost while warm. Makes 24 bars.

Frosting:

- 1 cup powdered sugar
- 1/2 teaspoon vanilla
- 2 tablespoons melted margarine
- 1 tablespoon water
- Dash of salt

Stir all ingredients together until smooth. Spread over warm bars.

Serving size: 1 bar. Per serving: 169 calories, 1 grams protein, 8 grams fat, 24 grams carbo-

hydrates, 47 milligrams sodium, 8 milligrams cholesterol

SANDY WATSON, Bartlett EC

Apple Brownies

- 1 large egg
- 1 cup sugar
- 1 stick margarine
- 1 cup flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt
- 1 large apple, diced (I prefer a Macintosh)

Cream together egg, sugar and margarine. Add flour, baking soda, baking powder, cinnamon and salt. Fold in diced apple. Put in a greased 8x8-inch pan and bake at 350 degrees for 30-35 minutes. Serve warm. Great à la mode! Makes 16 brownies.

Serving size: 1 brownie. Per serving: 137 calories, 1 grams protein, 6 grams fat, 20 grams carbohydrates, 158 milligrams sodium, 12 milligrams cholesterol

JILL RIPLEY CAUFFMAN, Pedernales EC

Cherry Almond Toffee Bars

- 1 1/2 cups all-purpose flour
- 1/2 cup powdered sugar
- 3/4 cup cold margarine or butter
- 1 can (14 ounces) sweetened condensed milk
- 1 egg, beaten
- 1 teaspoon almond extract
- 1 package (6 ounces) toffee chips
- 1 cup slivered almonds
- 1/2 cup coconut
- 3/4 cup dried tart cherries or cherry-flavored raisins

Preheat oven to 350 degrees. Mix flour and sugar; cut in butter until crumbly. Press firmly on bottom of 9x13-inch baking pan. Bake crust for 15 minutes and set aside. Blend condensed milk, egg and almond extract in large mixing bowl. Stir in toffee chips, almonds, coconut and cherries. Spread over prepared crust. Bake for 25 minutes until golden. Cool in pan on wire rack. Cut into bars and store covered in refrigerator. Makes 36 bars.

Serving size: 1 bar. Per serving: 154 calories, 3 grams protein, 9 grams fat, 17 grams carbohydrates, 67 milligrams sodium, 24 milligrams cholesterol

SHIRLEY BUNTING, South Plains EC