

Baking brownies

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What I am going to demonstrate today is the process of baking brownies. Before we begin, however, let us allow ourselves to look into its definition and a little history: Chocolate brownie or Boston brownie, as it is otherwise known is called “ brownie” because its color is brown (Wikipedia, 2007). Though diminutive in size, it is rich and chocolaty and is sometimes topped with chocolate chips or nuts (Wikipedia, 2007). History has it that it was in 1897 that brownies have been introduced for the first time in a “ Sears and Roebuck” catalog (Wikipedia, 2007). There are stories, however, that states that there was once a cook who forgot to mix the baking powder in the chocolate cake mixture (Wikipedia, 2007). Some historians also claim that Bertha Palmer asked that a dessert be placed in box lunches, thus, motivating Chicago’s Palmer House Hotel in Chicago to design what is to be known as a “ Brownie” (Wikipedia, 2007). This paper entitled, “ Baking Brownies” intends to briefly reintroduce the definition and history of brownies, as well as, provide the steps to baking it, starting from the gathering of ingredients until its cutting into bars. Baking Utensils

However, before we begin with the process of baking brownies; we should first make sure that we have all the baking utensils we will need. First of all, we will need one bowl (Collister, 2006). This will be used as a mixing container (Collister, 2006). Secondly, one glass baking pan is necessitated (Collister, 2006). This is where the brownie mixture will be placed before it is baked in the oven (Collister, 2006). The third is to make sure that a dish towel or an oven mitt is available nearby (Collister, 2006). It will be used when the glass baking pan is placed and taken out of the oven (Collister, 2006). The fourth is to get a spatula which will be utilized in folding, mixing,

scraping, smoothing batters, lifting, removing, and turning the brownie to allow the other side to turn brown if desired (Collister, 2006). Last but not least is to get the mixing spoon, as well as, measuring cups and spoons (Collister, 2006). Baking Brownies the Easy Way Now that we know a little bit about its definition, we may proceed to the process of how it is actually prepared: First of all, we need to make sure that we have all the ingredients we will need (Collister, 2006).

These include the following (Collister, 2006):

- 1) 1 cup or 250 ml butter
 - 2) 4 oz or 115 g or 4 squares unsweetened chocolates
 - 3) 2 cups or 500 ml sugar
 - 4) 4 pieces of eggs
 - 5) 2 tsp or 10 ml vanilla
 - 6) cups or 375 ml sifted all-purpose flour
 - 7) tsp or 2 ml salt
 - 8) cups or 375 ml pecan halves
 - 9) icing sugar
- Secondly, we need to heat the oven to a hundred and ninety degrees Celsius or three hundred seventy-five degrees Fahrenheit (Collister, 2006). Thirdly, after heating the oven, we grease the 13- x 9-in or 33- x 23- x 5-cm cake pan (Collister, 2006).

The fourth step is to place the butter and chocolate on top of the double boiler and set over simmering water (Collister, 2006). Stir occasionally over

the heat until the butter, as well as, the chocolate is melted (Collister, 2006). Fifth, the sugar should be placed in a medium mixing bowl, then after that, the chocolate mixture should be poured over before stirring it (Oliver, 1993). Immediately after, the unbeaten eggs should be added one at a time, beating lightly utilizing a wooden spoon (Oliver, 1993). The term “lightly” means just enough to blend (Oliver, 1993). Then the vanilla should be stirred next (Oliver, 1993). After this, the flour and salt should be sifted into the chocolate mixture making sure that it is stirred before stirring in the pecans (Oliver, 1993). The sixth step is to spread it in the prepared pan and bake it for twenty-five to thirty minutes or until side test was done but an impression stays in the middle when touched lightly with the finger (Oliver, 1993). It is good to remember though that brownies are much better or even best when somewhat underdone (Oliver, 1993).

The final step is to take it out from the oven and sift icing sugar thickly over the top and cut it into bars while it is still warm (Oliver, 1993). Conclusion Brownies are called so because of its rich, chocolaty, brown color (Wikipedia, 2007). Its history has not been confirmed though there are several interesting stories that may back it up (Wikipedia, 2007). Interestingly, it is easy to prepare. First, the oven should be heated and the cake pan should be greased (Collister, 2006). Secondly, butter and chocolate should be melted (Collister, 2006).

Third, the sugar, chocolate mixture, eggs, vanilla, flour, salt, and pecans should be mixed together (Oliver, 1993). Fourth, the mixture should be placed on the cake pan and baked (Oliver, 1993). Then finally, it should be taken out and icing sugar is sifted over it and then sliced (Oliver, 1993).

References

1. Collister, L. (2006). Brownies. New York: Ryland Peters & Small. Oliver, M. (1993).
2. The GoodFoodCookbook. Montreal: Optimum Publishing Company. Wikipedia. (2007).
3. Brownies. Retrieved March 1, 2007, from [http://en. Wikipedia. org/wiki/Chocolate_brownie](http://en.wikipedia.org/wiki/Chocolate_brownie)