

GLUTEN FREE BUCKWHEAT BROWNIES

ADAPTED FROM ALTERNATIVE BAKER BOOK

/ makes 16 small but rich brownies /

INGREDIENTS

6 tbsp (85 g) unsalted butter

8 oz (230 g) bittersweet chocolate (60–70% cacao mass), chopped
(about 1 ½ cups)

½ cup (50 g) buckwheat flour

2 tbsp (15 g) tapioca flour

3 large eggs, at room temperature

¾ cup (150 g) organic granulated cane sugar

½ tsp fine sea salt

1 tsp vanilla extract

STEP ONE: Position a rack in the center of the oven and preheat to 350°F (175°C). Line an 8-inch (20-cm) square baking pan with 2 crisscrossed pieces of parchment paper cut to fit widthwise, leaving an overhang on each side. This will make the brownies easy to remove from the pan.

STEP TWO: Place the butter in a small, heavy-bottomed saucepan set over the lowest possible heat. Add the chocolate and let melt together, stirring frequently to prevent the chocolate from scorching. Continue cooking until the mixture is pleasantly warm, but not super hot, to the touch. Remove from the heat and keep warm. Sift the buckwheat and tapioca flours into a small bowl and set aside.

STEP THREE: Meanwhile, place the eggs, sugar and salt in the bowl of a stand mixer fitted with the paddle attachment and whip on medium-high speed until the mixture is very light and fluffy, 5 minutes. Turn the mixer to low and stir in the vanilla until just combined, then the warm chocolate-butter mixture. Add the flour mixture and mix on low until combined. Remove the bowl from the mixer and use a flexible silicone spatula to give the batter a final stir by hand, scraping the bottom of the bowl and making sure all the flour is incorporated.

STEP FOUR: Scrape the batter into the prepared pan and smooth into an even layer. Bake the brownies until the top is puffed and a toothpick inserted into the center comes out with moist crumbs, 24–30 minutes, taking care not to overbake. Let the brownies cool completely, then use the parchment handles to lift them out of the pan and onto a cutting board. Use a sharp chef's knife dipped in hot water and wiped clean between each cut to slice the brownies into 16 squares.

STEP FIVE: The brownies keep well, airtight at room temperature, for up to 3 days, or refrigerated for up to 5 days.



GOOD
ON
PAPER

WWW.GOODONPAPERDESIGN.COM/BLOG