



Did you know?  
Beetroot is low in  
fat, full of vitamins  
and minerals, and  
packed with  
powerful  
antioxidants.

# Olive Dining

## MONTHLY BULLETIN | CHEF'S CHOICE RECIPE BEETROOT CHOCOLATE BROWNIES

### METHOD

- Top, tail and peel the beetroot so you have about 400g. (*Tip - where rubber gloves to stop your hands staining!*) Roughly chop and put into a large bowl. Add a splash of water, cover with cling film, then microwave for approx. 10 mins or until tender.
- Heat oven to 180C/160C fan/gas 4. While the beetroot cooks, butter then line a 20 x 30cm traybake or small roasting tin. Roughly chop the chocolate and cut the butter into cubes. Tip the cooked beetroot into a sieve, drain off any excess liquid, then put into a food processor or blender with the chocolate, butter and vanilla. Whizz 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 an electric hand whisk until thick, pale and foamy for about 2 mins. Spoon the beetroot mix into the bowl (it may not look too pretty at this stage!) and 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, then gently fold these in to make a smooth batter.
- Pour into the prepared tin and bake for 25 mins or until risen all over. Cool completely in the tin, then cut into squares.

### 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