

Bake for Family Fun Month Activity “Baking for Others”

“Brownies the American Bar Cookie”

MATERIALS NEEDED:

Ingredients for Fudge Brownies
2-quart saucepan
Large mixing bowl
Heat resistant spoon
Small bowl
Measuring cups
Measuring spoons
9-inch square baking pan
Potholders



ACTIVITIES:

- Brownies are one of the simplest cookies to prepare. They are great to make to develop basic baking cooking skills.
- Make brownies to share with someone....a neighbor, teacher or special friend.
- While brownies are baking make frosting.
- Make white frosting and use food coloring to make a colored frosting.
- Let each family member wrap a brownie gift to share with someone.
- Use the gift tags from this weeks Bake for Family Fun special ideas to attach to your gift!

BAKING ACTIVITY: Making Brownies

Fudge Brownies

Makes 16

INGREDIENTS:

½ cup butter or margarine (do not use a spread)

2 (1oz.) squares unsweetened baking chocolate

1 cup granulated sugar

¾ cup all-purpose flour or ¾ cup + 2 tablespoons cake flour*

2 eggs

½ cup chopped nuts

*May be half whole wheat flour

DIRECTIONS:

1. Preheat oven to 350 degrees F.
2. Place the butter and unsweetened chocolate in a large, 2-quart saucepan. ** Heat over medium-low heat, stirring constantly, to melt and completely combine. Remove pan from heat and let cool 2 to 5 minutes.
3. Break eggs into a separate bowl.
4. Stir sugar, flour, eggs and nuts into the saucepan until well-mixed.
5. Spread into a greased, 9-inch-square baking pan.
6. Bake for 20 to 25 minutes or until brownie begins to pull away from the sides of the pan. (Do not overbake.)
7. Cool completely. Sprinkle with powdered sugar or frost and top as desired.

Crazy Frosting

(Makes 1 cup)

INGREDIENTS:

1 cup powdered sugar

1/3 cup peanut butter

1 ½ teaspoons vanilla

2 to 3 tablespoons milk

For topping:

1 cup chopped nuts, candy pieces, sprinkles or raisins

DIRECTIONS:

1. Combine powdered sugar, peanut butter and vanilla with a spoon or mixer until smooth.
2. Beat at medium speed, adding milk slowly until creamy; spread over brownies.
3. Sprinkle with 1 cup of topping over frosting and press lightly. Cut into 16 bars.

Source: Baking for Success, Home Baking Association

BAKE FOR FAMILY FUN EXPLORATION:

- For brownies, the magic ingredient is chocolate. Chocolate has a rich history of its own. The cacao bean and chocolate have roots in ancient Central America and Mexico.
- What's a cacao bean?
(Chocolate is the fruit of a cacao tree with a pod similar in appearance to an acorn squash. The pod contains small beans.)
- When was chocolate manufactured in the United States?
(Chocolate was first manufactured in the United States in 1765. In 1876, milk chocolate was first produced in Switzerland.)

- What is the history of the brownie?
(Chocolate made its way into the brownie as early as the 1890's when the fudge bar was a popular quick-to-fix bar cookie.)
- What is a blondie?
(A bar cookie made with brown sugar instead of chocolate.)
- Plan to make brownies the next time you need refreshments for a meeting or treats for school.

VOCABULARY:

Friend: a person who has a strong liking for and trust in another person

Share: to divide and distribute in portions; to use, experience, or enjoy with others

BOOKS FOR READING TOGETHER:

Beans to Chocolate. Inez Snyder. 2003