

Dessert

Salted Brownie Sundae Bites

Katie Barreira

Every Day with Rachael Ray Magazine - May 2012

Servings: 16

Preparation Time: 55 minutes

Bake Time: 25 minutes

SHORTCUT!! Use soft store-bought chocolate chip cookies. They stay chewy even when frozen.

1 stick (4 oz) unsalted butter

2 ounces unsweetened chocolate, chopped

1 cup sugar

2 eggs

1 1/2 teaspoons pure vanilla extract

1/2 cup flour

1/2 cup walnuts, chopped

coarse sea salt (for sprinkling)

1/3 cup fudge sauce (at room temperature) OR chocolate sauce (chilled)

1 pint coffee ice cream

Position a rack in the lower third of the oven and preheat to 325 degrees.

Line a 9x13-inch metal baking pan with foil, leaving about four inches of overhang on each side, then grease the foil.

In a medium saucepan, melt the butter and chocolate over medium-low heat, stirring until smooth. Remove from the heat. Let cool for 10 minutes.

Whisk in the sugar, then whisk in the eggs one at a time. Stir in the vanilla. Stir in the flour until blended.

Spread the batter into the prepared pan and sprinkle evenly with the walnuts.

Bake until the surface is set, 20 to 22 minutes. Immediately sprinkle sea salt over the hot brownies. Let cool completely in the pan, at least 30 minutes.

Lift the brownies out of the pan and cut in half crosswise. Wrap the two halves in foil and freeze for 30 minutes.

Place one brownie half, walnut side down, on a work surface. Spread the fudge sauce or chocolate sauce evenly on top. Return uncovered, to the freezer.

Let the ice cream soften until spreadable. Place the brownie half, fudge side up, on a work surface. Spread the softened ice cream evenly on top, then sandwich with the other brownie half, walnut side up. Freeze until set, at least 30 minutes.

Cut into 16 squares.

Serve, or wrap and freeze for up to two weeks.

Per Serving (excluding unknown items): 200 Calories; 13g Fat (54.0% calories from fat); 3g Protein; 21g Carbohydrate; 1g Dietary Fiber; 50mg Cholesterol; 20mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 2 1/2 Fat; 1 Other Carbohydrates.