

Avocado Brownies



PT MANUNGGA PERKASA

STEAMED BROWNIES INGREDIENTS:

• DAHLIA flour	80 gr
• Eggs	200 gr
• Granulated sugar	150 gr
• Emulsifier	10 gr
• Cocoa powder	75 gr
• Baking powder	1 gr
• Vanilla	1 gr
• Dark cooking chocolate (DCC)	75 gr
• Margarine	120 gr

AVOCADO VLA (CUSTARD) INGREDIENTS:

• Avocado	500 gr
• Sweetened condensed milk	120 gr
• Water	100 gr

WHIPPED CREAM INGREDIENTS:

• Whipping cream	100 gr
• Cold water	200 ml

CHOCOLATE GANACHE INGREDIENTS:

• Dark cooking chocolate (DCC)	250 gr
• Milk	125 ml
• Butter	10 ml

TOPPING INGREDIENTS:

• Roasted nuts	for sprinkle
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HOW TO MAKE:

1. Prepare the steamed brownies first. Melt margarine and DCC (dark cooking chocolate) by steaming them together until smooth.
2. Whisk the eggs, sugar, vanilla, and emulsifier together until light, fluffy, and the mixture holds a ribbon-like trail when lifted.
3. Sift together the flour, cocoa powder, and baking powder, then fold them into the egg mixture until fully combined.
4. Add the melted margarine and DCC mixture to the batter and gently fold until smooth and there's no liquid left at the bottom.
5. Pour the batter into a cake pan and steam for 30 minutes. Remove from the heat and let it cool.
6. Prepare the Avocado Vla: Blend the avocado, sweetened condensed milk, and water in a blender until smooth.
7. Prepare the Whipped Cream: Whisk the powdered whipping cream and ice-cold water using an electric mixer until stiff peaks form.
8. Prepare the Chocolate Ganache: Heat the milk in a saucepan until hot (but not boiling). Add the DCC and stir until melted. Add the butter and stir until the ganache is smooth and shiny.

HOW TO ASSEMBLY:

1. Cut the brownies into pieces and place them in transparent cups or bowls.
2. Pipe the avocado vla over the brownies using a piping bag.
3. Top with the whipped cream on top of the vla.
4. Pour the chocolate ganache over the whipped cream.
5. Sprinkle with roasted nuts for garnish.
6. Refrigerate before serving. Serve chilled.

Yields approximately 10 cups (each with a 10 cm diameter).

**RECOMENDATIONS
FOR FLOUR THAT
CAN BE USED**

Cita Rasa Pangan Berkualitas

