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Gluten-Free Fudgy Teff Brownies

Whole-grain teff flour (made from a tiny ancient grain) has a nuance of cocoa flavor to start with, making it a natural choice for brownies. These gluten-free brownies are moist and satisfying, intensely chocolaty and have a tender texture.

Ingredients

6 ounces dark chocolate (70% cacao), coarsely chopped
6 tablespoons unsalted butter
⅔ cup granulated sugar
½ teaspoon salt
2 cold large eggs

½ cup teff flour
1 cup chopped walnuts

Method

1. Position a rack in the lower third of the oven and preheat to 325°F. Line the bottom and sides of an 8-inch-square baking pan with parchment paper or foil coated with cooking spray, allowing it to slightly overhang opposite edges.
2. Bring 1 inch water to a bare simmer in a medium saucepan. Combine chocolate and butter in a metal bowl large enough to rest in the pan without touching the water. Cook, stirring occasionally, until melted and smooth, about 5 minutes. Remove bowl from heat.
3. Add sugar and salt and stir until combined. Let cool until barely lukewarm, 5 to 7 minutes. Add eggs one at a time, whisking briskly after each. Add flour and whisk briskly for 30 seconds to thicken the batter. Stir in nuts. Scrape the batter into the prepared pan and spread evenly.
4. Bake until a toothpick inserted in the center emerges clean, 25 to 30 minutes. Let cool completely in the pan on a wire rack, about 1½ hours. Lift the overhanging ends of paper or foil to remove from the pan. Cut into 16 brownies.

Notes

To make ahead: Store airtight for up to 2 days.

Prep

• Prep: 20 Minutes
• Ready in: 2 Hours 20 Minutes

Source: Eating Well (Servings: 16 | Yield: one 8-inch pan of brownies)