

Layered Brownies with White-Chocolate Caramel and Cocoa Nib Gelato



1 cup pecans toasted





DESSERT

Ingredients

2.5 tablespoons flour
6 ounces bittersweet chocolate 54% 60% chopped (to cacao)
1.5 tablespoons butter unsalted diced room temperature
0.3 cup cocoa powder unsweetened
2 large eggs
O.8 teaspoon gelatin powder unflavored
0.7 cup cup heavy whipping cream

	1 pinch salt
	4.5 tablespoons sugar
	0.5 teaspoon vanilla extract
	3 tablespoons water divided
	4 ounces chocolate white finely chopped (such as Lindt or Perugina)
Eq	uipment
	bowl
	frying pan
	baking sheet
	sauce pan
	oven
	knife
	whisk
	baking pan
	aluminum foil
	spatula
	pastry brush
Di	rections
	Lightly butter bakingsheet. Stir sugar and 1/4 cup water in largenonstick skillet over medium heat untilsugar dissolves. Increase heat and boil untilsugar syrup is light golden, occasionallybrushing down sides of skillet with wetpastry brush, about 8 minutes.
	Addpecans and stir until syrup coats pecans, about 1 minute. Immediately pour pecansout onto prepared baking sheet; spreadin single layer with heatproof spatula. Cool completely. Coarsely chop nuts. DO AHEAD: Can be made 2 days ahead. Store airtight at room temperature.
	Preheat oven to 350°F.Line 8x8x2-inch metal baking pan withfoil. Butter foil.
	Combine 1/2 cup butter and bitters weet chocolate in heavy medium saucepan. Stir over medium low heatuntil melted and smooth.

Remove fromheat; cool slightly.
Whisk cocoa powder,flour, and salt in small bowl.
Whisksugar, eggs, and vanilla in medium bowlto blend.
Pour butter mixture into sugarmixture; whisk until blended.
Add cocoamixture; whisk until blended.
Transferbrownie batter to prepared bakingpan; smooth top (layer will be thin).
Bake brownie until tester insertedinto center comes out with moist crumbsattached, 18 to 20 minutes. Allow brownieto cool slightly, then gently press downon edges to form flat, even layer. Coolcompletely in pan on rack.
Spoon1 tablespoon water into small bowl; sprinklegelatin over and stir to blend.
Let standuntil gelatin softens, about 15 minutes.
Meanwhile, combine remaining2 tablespoons water, sugar, and pinch ofsalt in heavy small saucepan. Stir overmedium heat until sugar dissolves. Increaseheat and boil until syrup is deep amber,occasionally swirling pan and brushingdown sides with wet pastry brush, about8 minutes. Slowly add cream (mixture willbubble vigorously). Reduce heat to low.Stir to dissolve any caramel bits.
Removefrom heat; let cool 5 minutes.
Add gelatinmixture; stir until gelatin dissolves.
Addwhite chocolate; whisk until melted andsmooth.
Whisk in butter.
Pour caramel atopcooled brownie; spread evenly to covercompletely. Chill uncovered until caramelfirms slightly, at least 8 hours or overnight.
Bring cream to simmer insmall saucepan.
Remove from heat.
Addchocolate; whisk until melted and smooth.Cool until mixture is slightly thickenedbut still pourable, about 15 minutes.
Pourganache atop caramel on brownie; spreadjust to edges.
Sprinkle chopped candiedpecans evenly over. Chill uncovereduntil ganache is firm enough to cut, about 4 hours. DO AHEAD: Can be made2 days ahead. Cover and keep chilled.
Using foil as aid, lift brownie out of pan;place on work surface. Fold foil sides down. Using sharp knife, trim off about 1/4 inch ofbrownie on all sides.

Nutrit	tion Facts	
Mulli	HOH Facts	

Properties

Glycemic Index:28.14, Glycemic Load:11.91, Inflammation Score:-5, Nutrition Score:10.515217331441%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 2.64mg, Catechin: 2.64mg, Catechin: 2.64mg, Catechin: 2.64mg, Catechin: 2.64mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 5.38mg, Epicatechin: 5.38mg, Epicatechin: 5.38mg, Epicatechin: 5.38mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Catechin: 5.38mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 431.77kcal (21.59%), Fat: 32.5g (49.99%), Saturated Fat: 14.72g (92.01%), Carbohydrates: 32.01g (10.67%), Net Carbohydrates: 28.04g (10.2%), Sugar: 24.11g (26.79%), Cholesterol: 78.81mg (26.27%), Sodium: 44.84mg (1.95%), Alcohol: 0.09g (100%), Alcohol %: 0.11% (100%), Caffeine: 24.47mg (8.16%), Protein: 6.52g (13.04%), Manganese: 0.96mg (48.19%), Copper: 0.55mg (27.44%), Magnesium: 71.13mg (17.78%), Phosphorus: 173.81mg (17.38%), Fiber: 3.97g (15.9%), Iron: 2.42mg (13.45%), Selenium: 8.72μg (12.46%), Zinc: 1.64mg (10.94%), Vitamin B2: 0.18mg (10.72%), Vitamin A: 446.46IU (8.93%), Vitamin B1: 0.13mg (8.47%), Potassium: 292.48mg (8.36%), Calcium: 75.04mg (7.5%), Vitamin E: 0.81mg (5.42%), Vitamin B5: 0.52mg (5.2%), Vitamin B12: 0.27μg (4.42%), Vitamin D: 0.61μg (4.04%), Vitamin K: 4.18μg (3.98%), Folate: 15.72μg (3.93%), Vitamin B6: 0.07mg (3.69%), Vitamin B3: 0.65mg (3.25%)