

Florence's Fortified Brownies

Prepare the fortification

You can use roasted crickets, but the fortification I prefer is with freeze dried *Tenebrio* or live *Tenebrio* sautéed in butter. This is substituted for the nuts in the following recipe. I usually use a little less. After the *Tenebrio* are sautéed finely chop or chop in a blender (freeze dried *Tenebrio* work best with this process). Set aside and just prepare the rest of the brownies. Fortification means added but not featured, so the insects in this dessert are not visible, it is just added nutrition. **Remember always, though, ask people before they taste if they are allergic to ocean shrimp because this fortification is with land shrimp. Land shrimp and ocean shrimp are close cousins. People allergic to one will likely be allergic to the other.**

Assemble ingredients for the brownies

2 squares unsweetened chocolate (2 oz.)(For this brownie recipe, I always substitute the following: 3 Tb cocoa + 1 Tb butter for 1 square unsweetened chocolate.) It works well to triple the entire recipe also.

1/3 cup shortening (I use butter)

1 cup sugar

2 eggs

¾ cup flour

½ tsp. baking powder

½ tsp. salt

½ cup nuts or roasted insects (or you can use both for a total of ½ cup)

Prepare the brownies

Heat oven to 350 degrees F. (moderate). Grease a square pan, 8x8x2 inches. Melt chocolate and shortening over hot water (double boiler works best). Beat in sugar and eggs. Measure flour by dip-level-our method or by sifting. Blend flour, baking powder and salt; stir in. Mix in nuts and/or roasted insects. Spread in pan. Bake 30 to 35 min. or until slight imprint remains when touched lightly with finger. Cool slightly and cut into squares. If desired, spread with Florence's Chocolate Frosting (below) before cutting. Makes 16-two inch squares.

Frost with Florence's Chocolate Frosting as follows:

Whip ½ cup room temp butter with 1-2 cups confectioners sugar, add 1 Tb cream if needed, plus 1 tsp. of flavoring such as vanilla, or mint. Whip until smooth. Spread over cooled brownies.

Florence V. Dunkel

Associate Professor of Entomology

Montana State University-Bozeman

This brownie recipe was adapted from the Betty Crocker New Picture Cookbook, 1961, First Edition. All the adaptations are my own, tested by about a thousand students and guests in the past 15 years.