

Betty's Kentucky Derby Bourbon Brownies



In this video, Betty demonstrates how to make Kentucky Derby Bourbon Brownies. This is my selection of a sweet treat to celebrate Derby Day. The Kentucky Derby horse race has been run at Churchill Downs in Louisville, Kentucky on the first Saturday of May every year since 1875. It is an historic event, and, in Kentucky, we celebrate the beauty, grace, and endurance of the thoroughbred horse by having parties during the week leading up to and the day of the race.

Ingredients:

Brownie Layer:

½ cup butter

two 1-ounce squares unsweetened baking chocolate

1 cup sugar

1 egg, well beaten

2/3 cup self-rising flour

1 teaspoon vanilla extract

1 cup chopped pecans

cooking oil spray

2 to 3 ounces bourbon whisky, depending on the strength of whisky flavor desired

Bourbon Butter Cream Frosting (the previous video in bettyskitchen):

½ cup butter, softened

2 cups confectioner's sugar (also called powdered sugar or icing sugar)

1 to 1 ½ ounces Bourbon whisky

Chocolate topping:

1 cup semi-sweet chocolate chips

2 tablespoons butter

Melt ½ cup butter along with 2 squares of unsweetened chocolate in a saucepan over low heat, stirring occasionally. Set aside and cool to room temperature. When the butter/chocolate mixture has cooled sufficiently, stir in 1 well-beaten egg and 1 teaspoon vanilla. In a large mixing bowl, combine 2/3 cup self-rising flour and 1 cup sugar. Stir in chocolate mixture and 1 cup of pecans. Mix all together and pour into an 8 inch by 8 inch baking pan (or dish) that has been sprayed with cooking oil spray. Bake at 350 degrees (F) 20 to 25 minutes. Brownies will be done when a toothpick placed in the center comes out clean. Remove baked brownies from the oven. While brownies are still hot, prick with a fork and brush on 2 to 3 ounces bourbon whisky. Set brownies aside to cool. For the next layer, make Bourbon Buttercream Frosting. (The video for making this frosting is in bettyskitchen, but I am repeating the instructions here.) Use an electric mixer to beat together ½ cup butter and 2 cups confectioner's sugar. Add about 1 to 1 ½ ounces bourbon whisky, stirring well to combine. Spread Bourbon Buttercream Frosting on cooled brownies.

The final layer of Bourbon Brownies is a chocolate topping.

For this topping, melt 1 cup semi-sweet chocolate chips with 2 tablespoons butter. Cool until spreadable. Important: After the brownies have been frosted with Bourbon Buttercream Frosting, you should put them in the freezer for an hour or so. This will allow you to spread the cooled chocolate topping over the Bourbon Buttercream Frosting without mixing the two toppings together. After the chocolate topping has been spread over the Bourbon Brownies, cover them with plastic wrap and refrigerate until ready to serve. To serve, cut into squares and place on a nice serving plate. Place a leaf or two of fresh mint beside the brownie for added appeal. Happy Derby Party! Love, Betty