

Palmer Chocolate Fudge Brownie

This dessert was created in the kitchen of the Palmer House Hotel during the 1893 Columbian Exposition when Mrs. Bertha Palmer requested the chef make a “ladies dessert” that would be easier to eat than a piece of pie, and a smaller serving than a slice of layer cake, which could be used in box lunches at the Women’s Building at the Fair. The first reference to this dessert as a “Brownie” is in a Sears Roebuck catalog published in Chicago in 1898. This recipe is still served today at the Palmer House Hilton on State Street and is one of their most popular confections.

Chocolate Fudge Brownie

1 lb. 2 oz. semi-sweet chocolate
1 lb. butter
1. lb. oz. granulated sugar
8 oz. cake flour
1 T baking powder
4 eggs
1 lb. crushed walnuts

Melt chocolate with butter in double boiler. Mix dry ingredients in bowl, except walnuts. Mix chocolate with dry ingredients, 4 to 5 minutes. Add eggs.

Pour into 9X12 inch baking pan. Sprinkle walnuts on top. Press walnuts down slightly into mixture with your hand.

Bake in preheated oven at 300 degrees for 30 to 40 minutes.

You will know when done when the edges will start to become a little crispy and the brownie has raised about ¼ inch. Note that even when the brownie is properly baked, it will test “gooey” with a toothpick in the middle due to the richness of the mixture.

After removing from the oven, allow to cool about 30 minutes before spreading a thin layer of the glaze with a pastry brush.

Glaze

1 cup water
1 cup apricot preserves
1 t unflavored gelatin

Mix together the water, preserves and unflavored gelatin in a saucepan and bring to boil for two minutes. Use hot.

Tip: The brownies are easier to cut if you place in the freezer for about three to four hours after glazing.

*Recipe Courtesy of The Palmer House Hilton Hotel, Chicago
Photo Courtesy of the Art Institute of Chicago*

