

Rocky Road

By *Heritage Living* editor and author Liz Harfull

Making rocky road is a Christmas tradition for many families in Australia, but the recipe's history is contentious. One strongly contested theory has it being a local invention, created in the mid 1800s after a shipment of chocolate was damaged in transit from England. Research by food historians shows that rocky road confectionary and ice cream was being sold in the United States in the 1920s. In Australia, one of the first mentions found in Trove's newspaper archives is an advertisement placed by Myer's department store in Adelaide, promoting 'rocky roads' made with chocolate, coconut and marshmallow as a ground floor special in 1933. Two years later, Darrell Lea released its own version, sold as Rocklea Road, featuring toasted marshmallow and roasted peanuts.

The recipe below was provided for *The Australian Blue Ribbon Cookbook* by Eva Goldie, after winning a first prize at the Foster show in Victoria. To give it a little extra Christmas pizzaz use a mix of red and green jubes.

400 g milk or dark chocolate, broken into small pieces

250 g marshmallows, cut in half

120 g jubes, cut in half

100 g blanched almonds, lightly toasted and chopped

Line the base and sides of a 26 centimetre x 16 centimetre container with plastic wrap.

Place the chocolate in a microwave-proof dish and melt the chocolate in a microwave on a low setting in short bursts of 30 seconds, checking between bursts. When it is almost melted, remove and stir until smooth.

Stir in the marshmallows, jubes and nuts, working quickly to make sure they are well combined before the chocolate starts to set.

Press the mixture firmly into the prepared container and refrigerate for at least 2 hours.

Remove the rocky road from the container and cut into pieces with a clean, sharp knife. Store in an airtight container in the fridge.



Image Credit: The Australian Blue Ribbon Cookbook.