

How to make rocky road

From the sweeties.net wiki

Rocky road is a no bake treat: pieces of biscuit, marshmallow, nuts and dried fruit bound together with melted chocolate and left to set. It is especially popular in Britain and in Australia, where it is linked with Christmas.

What you need

This follows the rocky road recipe by Buddy Oliver, from his cookbook Let's Cook, published on Jamie Oliver's website. It makes 16 pieces:

- 100 g dark chocolate, 70%
- 100 g milk chocolate
- 125 g unsalted butter
- 75 g golden syrup
- 50 g marshmallows
- 150 g ginger nut or digestive biscuits
- 75 g unsalted nuts, such as pistachios or toasted hazelnuts
- 75 g chocolate covered honeycomb
- 75 g glacé cherries or dried fruit
- 50 g white chocolate

You will also need a 25 by 30 cm tray, lined with greaseproof paper.

Method

1. **Melt.** Put the dark and milk chocolate, butter and golden syrup in a heatproof bowl over a pan of simmering water, and stir until everything has melted: see [how to melt chocolate](#)
2. **Chop.** Halve the marshmallows, break up the biscuits, chop the nuts, crush the honeycomb and halve the cherries or fruit.
3. **Mix.** Stir everything into the melted chocolate until coated.
4. **Chill.** Spread it in the lined tray and chill for at least 4 hours.
5. **Finish.** Melt the white chocolate, drizzle it over the top, chill again until set, then cut into pieces.

Children can help with the chopping, breaking and stirring, with an adult handling the hot water and knives.

Make it your own

Rocky road is easy to change. The recipe here uses honeycomb, which you can make yourself: see [how to make honeycomb toffee](#). In Australia, gummy sweets often go in.

A note on allergens

As written, this recipe contains several of the 14 main allergens: nuts, wheat from the biscuits, and milk from the chocolate and butter. Many marshmallows also contain gelatine, which is not suitable for vegetarians. If you are making it for someone with an allergy or a special diet, swap ingredients to suit and check every label: see [which sweets contain nuts?](#) and [what sweets are gelatine free?](#)

Where rocky road came from

The name began in America. The cookbook author Jean Anderson found the earliest rocky road recipe in Young America's Cookbook, published by the New York Herald Tribune in 1938, and a possible forerunner, a chocolate marshmallow fudge, in a 1923 cookbook. In America today, rocky road is an ice cream flavour, while in Britain and Australia the name is used for this chocolate treat.

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