

YUMMY NORTHWEST

MARY ROSEWOOD, EDITOR AND PUBLISHER
LESLIE PHILLIPS, COPY EDITOR
KENT, WASHINGTON

A truly nutty food

Summertime means a relaxed attitude. Who can take anything seriously when it's warm and the sun is shining?

June 2 is National Rocky Road Day. No one seems to know why this day was picked, but that's no reason not to celebrate this heavenly combination of chocolate, nuts, and marshmallows.

As you'll see in the following recipes, "rocky road" can be interpreted in creative ways. Basically, it's simply something chocolate, with something nutty, with something fluffy.

If you're too busy having fun – or working so you can have some fun a little later – save this issue filled with rocky road recipes and try them when you crave something sweetly decadent.

Buy it here

Out of Eugene, Ore., comes Soy Delicious Purely Decadent non-dairy [and organic] frozen dessert. This month buy the rocky road flavor, which is chocolate soy cream embedded with chocolate-coated almonds and swirled with a ribbon of marshmallow-like substance.

Or make your own frozen treat by softening Snoqualmie Gourmet's Mukilteo Mudd "amazingly rich chocolate" ice cream and adding nuts and marshmallows. This company makes its unique flavors in Maltby, Wash.

Lattin's Country Cider Mill, Olympia, Wash., sells their homemade rocky road brownies at the Proctor farmers market (N. 27th St. and Proctor) in Tacoma. These are tender nut-filled brownies with marshmallows melted on the top.



Who was first?

You're going to have to resort to arm wrestling to settle the debate about who invented "rocky road" as an edible concept.

Dreyer's claims that founder William Dreyer put together the first dish of rocky road ice cream in 1929, when the Great Depression hit. Dreyer reportedly added almonds to chocolate ice cream and then used his wife's sewing scissors to cut marshmallows into small pieces and put them in, too.

Meanwhile, the folks at Fenton's Creamery in Oakland, Calif., claim that Dreyer got the idea from them after candy maker, George Farren, added his rocky road candy bar (with English walnuts) to ice cream. The Dreyer's Web site sticks to its story, while Fenton's provides a link to the Dreyer's story, so you can make up your own mind.

Whoever invented it, rocky road has certainly become an indelible part of the sweet treat scene in a variety of guises.

See more at:
www.fentonscreamery.com
www.dreyers.com

If you're craving rocky road fudge, JaCiva's in Portland (4733 S.E. Hawthorne) makes some of the best.

The Annabelle Candy Company in Hayward, Calif., is one of the few independently owned candy makers left in the U.S. Their original rocky road candy bar, made since the mid-1900s, is still a best seller on the West Coast. Get more information at www.annabelle-candy.com/rockyroad.htm.

Elsewhere in the world...

Australia: Rocky road is a candy made with marshmallows bits and gelatin-type candies stirred into chocolate.

France: According to David Lebovitz in his book, "The Great Book of Chocolate," the French think Americans are nuts to add peanuts and marshmallows to chocolate.

Make it yourself

Rocky Road Ice Cream

1/3 cup cocoa powder
1 cup sugar
2 cups milk
1 tablespoon vanilla
1/8 teaspoon salt
2 cups whipping cream
1 ounce semisweet chocolate square
1 cup miniature marshmallows
1/2 cup chopped nuts

In a large saucepan, mix cocoa powder and sugar. Gradually stir in milk. Stir over low heat until sugar and cocoa dissolve. Cool to room temperature. Stir in vanilla, salt, and whipping cream. Shred chocolate with coarse side of a grater. Stir grated chocolate, marshmallows, and nuts into the cocoa mixture. Pour into an ice cream maker and follow manufacturer's directions. Makes 2 quarts.

from en.wikipedia.org/wiki/Rocky_road_confectionery

Variations

Easy

Rocky Road Cake

1 angel food cake (22-ounce round type)
1 6-ounce package chocolate chips
3 tablespoons sugar
3 eggs, separated
2 cups whipping cream (divided)
2/3 cup nuts

In a 9-by-12-inch pan, tear angel food cake into large pieces.

Melt chocolate chips over low heat; add sugar and stir until dissolved. Remove from heat and quickly stir in beaten egg yolks. Add 1/4 cup cream.

In a separate bowl, beat egg whites until fluffy. Fold beaten whites into chocolate mixture.

Whip remaining 1 3/4 cups cream. Beat whipped cream into the chocolate mixture. Fold in nuts. Spread over cake. Cover and refrigerate overnight.

from the Portland Oregonian FOODday, Dec. 21, 2004

Healthy

Tasty Tofu Brownie Snacks

Dry ingredients

1 1/3 cups cake flour
1/2 teaspoon baking soda
1/2 teaspoon cinnamon

Wet ingredients

1/4 cup unsweetened applesauce
1 teaspoon canola oil
3/4 cup sugar
1 package (12 ounces) Mori-Nu Silken Lite Firm Tofu
1 teaspoon vanilla
1/3 cup cocoa powder

Garnish

2 tablespoons chopped walnuts
2 large marshmallows, chopped into small pieces

Preheat oven to 350 degrees.

Cut piece of wax paper to fit bottom of an 8-by-8-inch pan. Grease sides and bottom of pan with vegetable oil, place wax paper on bottom, and grease the wax paper.

In food processor fitted with metal chopping blade, process dry ingredients. Empty into a small bowl and set aside.

Place wet ingredients in the work bowl and process until smooth, scraping sides of bowl occasionally.



What is a marshmallow?

Today, gooey marshmallows generally are made with corn syrup, gelatin, and flavoring, plopped onto conveyor belts, and showered in cornstarch.

But from their origins in ancient Egypt, until the mid-1800s, marshmallows were considered medicinal. Then, they were made with sap from the marsh mallow (*Athaea officinalis*) and sweetened with honey. Modern herbalists still use the marsh mallow plant to treat various ailments.

In the early 1900s, marshmallow fluff was invented; just after World War I, it sold for \$1 a gallon.

Vegan marshmallows (made without gelatin) are available if you look really hard, but you can easily order vegan fluff from a Portland company, Food Fight! Look for Ricemellow Creme Fluff online at store.foodfightgrocery.com/ricrfl.html.

In vegan marshmallows, the gelatin can be replaced by a variety of ingredients, including vegetable gelatin (used in kosher cooking) or agar-agar (a seaweed).

No matter what ingredients you use to make marshmallows at home, you are going to have to do a lot of beating to make them fluffy. **Yummy** recommends that you save your energy and buy them at the store.

At last count, people in the United States ate about 95 million pounds of marshmallows each year.

Add dry ingredients all at once. Pulse to blend until dry ingredients are just moistened.

Scrape mixture into prepared pan and sprinkle with nuts and marshmallows.

Bake for 22 minutes or until brownies pull away from sides. Let cool for 15 minutes before turning out of pan.

Makes 12 brownies.

adapted from a recipe by Mori-Nu
www.morinu.com/recipes

Old-fashioned

Mamie Eisenhower's Million-Dollar Fudge

4 1/2 cups sugar
Pinch of salt
2 tablespoons butter
1 12-ounce can evaporated milk
12 ounces semisweet chocolate chips
12 ounces Baker's German chocolate (or 12-ounce milk chocolate chips)
1 pint marshmallow creme
2 cups chopped nuts
1 cup miniature marshmallows

In a large saucepan, combine sugar, salt, butter and evaporated milk. Boil 6 minutes.

Places chips, marshmallow creme, and nuts in a large bowl. Pour boiling syrup over these; beat until chocolate is all melted, and then pour into a buttered 9-by-12-inch pan. Let cool a bit, then fold in marshmallows.

Let stand a few hours before cutting. Store in an airtight container.

adapted from
www.eisenhower.archives.gov/fudge.htm

What flavor are you?

Explore your inner ice cream cone at www.icecream.com/funfacts/index.asp?b=105. Among other lovely traits, the "rocky road" personality is a "balanced mixture of charm and practicality."

About Yummy Northwest

Each monthly issue highlights an edible delight available in the Pacific Northwest. Online at rainydayrose.com.

Contact the editor

Comments, corrections, topic ideas, and submissions are all most welcome at Yummy_Northwest@hotmail.com.