




101

FUN AND EASY RECIPES

with

ATOMS
EDUCATION



ROCKY ROAD CREATIONS

Equipment you will need:

2 bowls
cutlery
scales
microwave or pan of water
baking tray, plate, foil tray or baking tin.
greaseproof paper

Basic Ingredients:

100g digestive biscuits
65g butter
200g dark chocolate
1tbsp golden syrup
50g marshmallows
40g raisins or sultanas
icing sugar for dusting

You can add a selection of the following to create your own Rocky Road

Creation:

pieces of chocolate bar
other dried fruit
another variety of biscuit
cereal

TIME TO MAKE: 1-2 HOURS

METHOD

1. Measure your biscuits into a bowl and then break up so that you have a variety of different sized pieces - from crumb size to approximately 2cm.
2. Measure the marshmallows, raisins and any other additional ingredients for your creation into the bowl with the biscuits.
3. In the second bowl, weigh out the butter, dark chocolate and golden syrup. Melt in the microwave ensuring that you stir every 10 seconds. Alternatively, melt over a pan of water on the hob.
4. Pour the melted chocolate mixture into the first bowl and mix quickly.
5. Empty the contents of the bowl into a greaseproofed lined tin. Press gently down until the mixture is fairly even with a 'rocky' surface.
6. Place in the fridge for 40mins - 1 hour and leave to set.
7. Sprinkle some icing sugar on top of the rocky road and then cut into squares approximately 5cm.
8. Store in a sealed container in the fridge or eat and enjoy!

FOR EDUCATIONAL PURPOSES, YOU COULD MAKE A BASIC MIXTURE TO TRY AND THEN GIVE YOUR CHILD A SELECTION OF INGREDIENTS FOR THEM TO THEN DESIGN AND INVENT THEIR OWN CREATION. YOU COULD MAKE ONE TOO AND THEN TASTE TEST AND EVALUATE THE FLAVOUR.