Baking our way to beating heart rhythm disorders

Organise a bake sale at school, work or in your community to help raise awareness of heart rhythm disorders.

www.heartrhythmweek.org

Rocky Road

Ingredients

- 250g dark chocolate, chopped
- 125g mini marshmallows
- 1 tbsp icing sugar
- 175g butter, softened, plus extra for greasing
- 200g amaretti biscuits/shortbread biscuits/ginger biscuits/digestive etc
- 150g shelled Brazil nuts/pecans/mixed nuts etc/
- 150g red glacé cherries/dried fruit
- edible glitter, to decorate (optional)
- 150g milk chocolate, chopped
- 4 tbsp golden syrup

Method

1. Place the dark and milk chocolate pieces into a heavy-based pan. Add the butter and golden syrup and cook over a low heat to melt and combine.
2. Place the biscuits into a freezer bag and bash with a rolling pin to make crumbs of various sizes
3. Place the (Brazil) nuts into another freezer bag and bash in the same way
4. Take the pan of melted chocolate mixture off the heat and add the crushed biscuits and nuts
5. Add the glacé cherries/fruit and mini marshmallows. Fold the mixture carefully to coat all of the solid ingredients with the syrupy chocolate mixture
6. Pour the mixture into a 25cm/10in x 30cm/12in greased and lined baking tray and smooth the surface as much as possible (although it will look bumpy)
7. Refrigerate for two hours or until firm enough to cut. Dust with icing sugar, then sprinkle with edible glitter if you wish