

# Rocky Road Cake, a dense and delicious dessert



Rocky Road Cake

Photo Susie Iventosch

## By Susie Iventosch

If you love s'mores or rocky road ice cream, you will love this dessert! Even though it's called "cake" it is really more dense like a brownie. The cake batter, made with miniature marshmallows and pecans, has all the wonderful flavors found in the ice cream. In fact, the addition of textures to ice cream appears to have originated with rocky road ice cream and today you can find dozens of different ice creams with candies and nuts folded in.

The history of rocky road ice cream is an interesting, al-

beit conflicted one. According to several different sources, the first rocky road ice cream was born in 1929 during the Great Recession, when, in an effort to cheer people up, William Dreyer of Dreyer's Ice Cream partnered with candy maker Joseph Edy to create this tasty concoction. That said, there are also claims that this idea originally came from Fenton's Creamery, where the founder's grandson, Melvin Fenton, is regarded as the inventor. And, to complicate matters even further, it is said that candy maker George Farren, who worked at Fenton's at the time, was good friends with

Dreyer and Edy, and he was the first to mix a marshmallow-walnut candy bar into chocolate ice cream. The origins of Rocky Road candy dates back to 1853 in Australia, where confectionery that had begun to spoil on the long (rocky road) journey from Europe was mixed with local nuts and chocolate as a way of saving the candy. I'll leave it to you to further investigate or simply enjoy the fabulous concoction! It will make a delicious dessert for your Valentine.

This dessert is like eating cake and candy, all at the same time. High quality cocoa and chocolate make this cake even better. In purchasing cocoa powder, you may have noticed that cocoa powders can be "Dutch" processed or "Non-Dutched" — a fancy way to say alkalinized or natural. It was a Dutch man, Coenraad Johannes van Houten, who invented the alkalinizing process. While the Dutch process deepens the chocolate color, mellows the flavor, and reduces the bitterness, a natural cocoa has a sharper, more acidic fruit flavor. Because "Dutch" cocoa powder is more soluble in water, it is good for most baking purposes, but it may be fun for

you to experiment with both to see which you like better. I really prefer the taste and the aroma of Dutch cocoa powder, but this is a personal choice. Also, because Dutch cocoa powder is non-acidic, it doesn't mix with alkaline leavening agents like baking soda. Instead, it is usually partnered with baking powder, which has a neutral pH level.



Susie can be reached at [suziventosch@gmail.com](mailto:suziventosch@gmail.com). This recipe can be found on our website: [www.lamorindaweekly.com](http://www.lamorindaweekly.com). If you would like to share your favorite recipe with Susie please contact her by email or call our office at (925) 377-0977.

## Rocky Road Cake

### INGREDIENTS

#### Cake

- 1 1/2 sticks (6 oz.) unsweetened butter, at room temperature
- 1 1/2 cups granulated sugar
- 4 tablespoons unsweetened cocoa powder
- 3 eggs
- 1 1/2 cups all-purpose flour
- 2 1/4 teaspoons baking powder
- 3/4 teaspoon salt
- 1 1/2 cups pecans, chopped
- 1 teaspoon pure vanilla extract
- 1 1/2 cups miniature marshmallows

#### Frosting

- 1/2 stick (2 oz.) butter, at room temperature
- 2 ounces bittersweet chocolate, melted and cooled (I use Trader Joe's Dark Chocolate)
- 1/4 cup unsweetened cocoa powder (I prefer Dutch processed cocoa powder-see article above)
- 3-4 cups powdered sugar
- 1/4 cup milk
- 1 teaspoon vanilla

#### Frosting Directions:

In a large mixing bowl, beat butter and melted chocolate until smooth. Add cocoa powder and mix until well-integrated. Add powdered sugar, a bit at a time, alternately with milk, beating after each addition until smooth. Stir in vanilla.

#### CAKE DIRECTIONS

With an electric mixer, cream butter and sugar until light and fluffy. Beat in cocoa powder. Add eggs, one at a time, beating well after each. Add flour, baking powder and salt and mix well. Stir in marshmallows, nuts and vanilla. Pour into a greased (or sprayed) 9x13x2 inch glass baking dish. Bake at 325 F for 30-35 minutes, or until toothpick comes out clean from center of cake. Remove from oven and cool completely. Once cooled, spread frosting evenly on top of cake.

### Origins of Rocky Road Ice Cream:

<https://www.braums.com/blog/everything-you-want-to-know-about-rocky-road/>  
<https://www.mentalfloss.com/article/82388/conflicting-stories-behind-invention-rocky-road-ice-cream>  
 Dutch Process vs. Non-Dutch cocoa powders:  
<https://www.seriousseats.com/2014/08/difference-dutch-process-natural-cocoa-powder-substitute.html>

## ◆ Not to be missed ◆ Not to be missed ◆

### OTHER ... continued

**Updates from the Breast Cancer Symposium** from 6:30 to 8 p.m. on Feb. 19 at 3276 McNutt Ave, Walnut Creek. Dr. Svahn will cover exciting new data from the latest clinical trials, new FDA approved treatments and advances in treatment strategies. Please register by emailing: [sgoldberg@dvothmg.com](mailto:sgoldberg@dvothmg.com) or call (925) 677-5041.

**Salary Negotiation Seminar** from 2 to 4 p.m. on Feb. 23 at the Lafayette Library and Learning Center in Lafayette. Come learn about salary negotiation and how to better articulate your worth at work or as a volunteer. <https://oml-CA.aauw.net>

**Lafayette resident, Papa John Kiefer**, will, again, offer workshops on "How to Raise Your Own

Chickens." Topics will include raising young chicks, laying hen maintenance, and sustainable coop construction. Workshops are free and will be held in Lafayette from 1 to 3:30 p.m. on March 1 and 15. Reservations are required. Contact: [chickenspapa-john@gmail.com](mailto:chickenspapa-john@gmail.com). Location provided upon registration.

### GARDEN

**The Walnut Creek Garden Club** will hold its monthly meeting at 10 a.m. on Feb. 10 at the Gardens at Heather Farm, 1540 Marchbanks Drive, in Walnut Creek. The Walnut Creek Historical Society will be speaking and showing a visual presentation.

**Lafayette Garden General Meeting** starting at 10 a.m. on Feb. 13 in the Lafayette Veteran's Bldg,

3780 Mt. Diablo Blvd., Lafayette. Guest Speaker John Greenlee is an expert in grass ecology and champion of sustainable design. Free. [twalklet@comcast.net](mailto:twalklet@comcast.net).

**The Moraga Garden Club** Monthly General Meeting will be held at 9:30 a.m. on Feb. 20 at the Holy Trinity Cultural Center, 1700 School Street. Garden Designer Katie Creighton will speak about "Brightening your Garden with Variegated Plants". [www.moragagardenclub.com](http://www.moragagardenclub.com)

**The Montelindo Garden Club** February meeting will be held at 9:30 a.m. on Feb. 21 at the Lafayette Library and Learning Center's Community Hall. Presentation: Soil, a Sexy Subject; Speaker: Carole Frost a.k.a. Seductress of Soil.

## Moraga Art Gallery announces a new art exhibit and reception

### Submitted by Carla Gelbaum

The Moraga Art Gallery announces "Kaleidoscope," its first show of 2020, highlighting the art of two dozen member and guest artists. Guests entering the gallery see a diverse collection — a kaleidoscope of surprising and satisfying media, styles, and color.

An opening reception on Saturday, Feb. 8 from 5 p.m. to 7 p.m. will offer live music, complimentary wine and hors d'oeuvres, and an opportunity to mingle with the artists as well as with other devotees of painting, sculpture, jewelry, print media, ceramics, photography, woodworking, and much more.

Curated by member artists Judy Miller and Mar-

garet Lucas-Hill, the exhibit will run from Feb. 5 to April 4. Create your own whimsical and unique Valentine card at the Moraga Art Gallery on Sunday, Feb. 9. Drop-in between 1 to 3 p.m. The free Valentine making workshop will be led by local artists who specialize in bringing out the whimsy and creativity in everyone.

The gallery is located at 432 Center Street, Rheem Shopping Center, in Moraga. Hours are Wednesday through Sunday, noon to 5 p.m.

Moraga Art Gallery is a cooperative featuring the work of established local artists and artisans. Each member is accomplished in their field and meets high standards of workmanship and originality in order to qualify for membership.



**Susan Erickson, Kaleidoscope, Acrylic and house paint on wood, 36"x48"**

For more information, visit <https://moragaart-gallery.com> or call (925) 376-5407 or email [moragaartgallery@gmail.com](mailto:moragaartgallery@gmail.com).

## 'Strictly Abstract' grand reopening reception, Feb. 12



**Tenth Bloom (diptych), acrylic painting by Carla W. Gelbaum**

### Submitted by Carla Gelbaum

The Lamorinda Arts Alliance will hold a free grand reopening reception for "Strictly Abstract" from 8 to 9 a.m. Wednesday, Feb. 12 at the Lafayette Bank of America. "Strictly Abstract" features artwork by local artists Susan Erickson, Carla Gelbaum, Irenka Kudlicki, Pam McCauley, Geoffrey Meredith and Judy Miller and will continue to be available for viewing during banking hours through Feb. 28. The bank is open Monday through Friday, from 9 a.m. to 5 p.m. and Saturday from 10 a.m. to 1 p.m. For more than two decades, the Lamorinda Arts Alliance has promoted the visual arts through exhibits in libraries and businesses, at open studio events, street fairs, and lectures, and in the community's art galleries.

For information, visit: <https://laa4art.org>

## Service Clubs Announcements

**Lafayette Rotary Club**

**Step in on a Thursday and join us for our lunch meeting.**  
Thursday at noon Oakwood Athletic Club, 4000 Mt. Diablo Blvd., Lafayette.

<b>February 13:</b>	<b>February 20:</b>
<b>Rabbi Labkowski</b>	<b>Tina Akins</b>
<b>from Lamorinda Chabad.</b>	<b>5160 District Governor</b>
<b>Telling the story of Chabad</b>	<b>2019-2020</b>

[www.rotarylafayette.org](http://www.rotarylafayette.org)  
[www.facebook.com/Rotary-Club-of-Lafayette-CA](https://www.facebook.com/Rotary-Club-of-Lafayette-CA)

**Lamorinda Sunrise Rotary**

**FEBRUARY WEEKLY MEETINGS**

**7: Carl Guarneri, PhD., Civil War Historian**  
**14: Terri Khonsari, Families Without Borders**  
**21: Club Assembly**  
**28: Bradley Ward, Member Presentation**

**Breakfast, Friday 7:00 a.m.**  
*The Lafayette Park Hotel & Spa, 3287 Mt. Diablo Blvd., Lafayette, CA*  
[www.lamorindasunrise.com](http://www.lamorindasunrise.com)

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