

Chocolate Caliente

(Hot Chocolate)

1 oz Bittersweet
Chocolate (70% cocoa or more)
1 c Milk
2 tsp Sugar
1 ea clove
1 pinch Nutmeg
1 ea Egg White
Orange Zests

1. Crush chocolate into small pieces.
2. Place milk, sugar, chocolate, clove and nutmeg in a small pot and bring to a boil while stirring.
3. Cook until chocolate is melted and remove from heat.
4. Whip egg white until stiff and remove clove from chocolate mixture.
5. Add some of the chocolate mixture into the egg white to temper the egg and then add back into chocolate while whipping with a whip.
6. Garnish with orange zests and serve hot.



Hot chocolate originated in Mexico and spread through out the Mayan and Aztec cultures. When the Spanish came to these countries they went crazy for the drink and exposed it to the rest of the world. Of course hot chocolate here and everywhere else is quite different.

This hot chocolate is the way the Chileans have their hot chocolate at 11:00 am every day. In fact, it is called Chocolate con leche para las once, which translates to hot chocolate with milk for 11:00. They like it sweet and thick. In Mexico their hot chocolate has cinnamon, which you can find Mexican chocolate in the stores so you can just heat it in a little milk. In Spain they will add cornstarch to make it so thick that it is more like a sauce than a drink.

Be creative, have fun and enjoy!!!