

HOME OF *American Rights***Chocolate**

Many people boil chocolate in a coffee pot; but I think it better to boil it in a skillet or something open. A piece of chocolate as big as a dollar is the usual quantity for a quart of water; but some put in more, some put in less. When it boils put in as much milk as you like and let them boil together three or four minutes. It is much richer with the milk boiled in it. Put the sugar in either before or after, as you please. Nutmeg improves it. The chocolate should be scraped fine before it is put into the water. Child, Lydia Maria. *The Frugal American Housewife*, 1833.

Notes: The size of a dollar coin in this time was approximately 1.5 inches, probably about ¼ cup. This ratio results in a thin, milky hot chocolate, akin to warm chocolate milk. Other recipes like the one for chocolate wine below, recommend a ratio of 4 ounces (or ¾ cup of chocolate) to a pint or quart of liquid, creating a much thicker and more luscious chocolate drink. Our adaptation of this recipe is somewhere in between. It makes four servings.

Adaptation

½ c. unsweetened bakers chocolate (chopped) or chocolate chips

½ c. sugar (omit, or cut to ¼ c. if using chocolate chips)

Water, enough to cover the chocolate

3-½ c. milk use whatever milk you have at home. In the 18th century, milk was similar to our whole milk, but this recipe works well with 2% and fat free milk, as well as with almond or coconut milk.

Nutmeg

1. Put your chocolate in a small saucepan over low to medium-low heat. Just cover the chocolate with water, about ½ c. Stir occasionally as the chocolate melts, and work to combine the chocolate and water into a smooth mixture. Melt the chocolate very carefully to keep from scorching it. Scorched chocolate tastes off and will not mix with the milk. If you have a double boiler, you may wish to use that to further prevent burning.
2. You may see little chunks of chocolate in your liquid even after stirring. Heat the mixture a little longer and stir vigorously again, until the chocolate melts completely.
3. Slowly pour in your milk, stirring as you add it. You may be able to see more particles of chocolate in your pan. That's okay. Repeat step two until the mixture is smooth. Add the sugar and stir until dissolved.
4. Allow the mixture to cook on low heat, bringing it to simmer but not boil. Stirring occasionally, continue heating for 5 minutes or until somewhat thickened.
5. Pour your chocolate into mugs, and top with grated nutmeg if desired. Serve immediately.