

Chocolate Caliente



Hot chocolate (Makes 1 cup = single serving)

¼ tablet Mexican chocolate (Ibarra o Abuelita)

1 cup 2% milk

→ Pour milk into a small saucepan. Place chocolate tablet in milk. Using a wooden spoon, stir mixture over medium-low heat until the chocolate begins to dissolve. You can use the spoon to break the chocolate up. Make sure the chocolate dissolves completely.

→ If you would like the hot chocolate to be frothy, use a molinillo (pictured above) to create a layer of foam. Simply spin the molinillo back and forth between the palms of your hands.

→ Serve warm.

NOTES:

- I used a sharp, flat-blade knife to chop my chocolate. You can chop the chocolate into smaller pieces if you would like, but it will still melt if left whole.
- I did a test between Ibarra and Abuelita chocolate, and I found Ibarra to be smoother and less likely to separate from the milk.
- I like using 2% rather than whole milk because the latter tends to make the drink too thick and rich.
- You can find molinillos at Mexican grocery stores or online at www.mexgrocer.com.

