

Recipes for Chocolate Class

Secret Recipe of Hernan Cortes 1556

700 Grams of Cacao, 750 grams of white sugar, 2 ounces of cinnamon, 154 grams of pepper, 15 grams of cloves, 3 vanilla beans a handful of anise, some hazelnuts, musk and orange blossoms. and said of it “ The divine drink of chocolate builds resistance and fights fatigue. A cup of this precious drink permits a man to walk all day without food.”

Recipe of Antonio Colmenero de Ledesma 1644 (Spanish)

100 Cacao beans
2 chilis (black pepper may be substituted)
A handful of anise “ear flower”
2 mecauschiles (mecaxochitl)
(lacking the above two spices, powdered roses of Alexandria may be used)
1 vanilla
2oz (60g) cinnamon
12 almonds and as many hazelnuts
½ lbs (450g) sugar
Achiote to taste

The Renowned Jasmine Chocolate of the Grand Duke of Tuscany (Italian)

10 lbs (4.5kg) toasted cacao beans cleaned and coarsely crushed
Fresh Jasmine flowers
8 lbs (3.6kg) white sugar well dried
3oz (85g) “perfect” vanilla beans
4-6 oz (110-170 kg) “perfect” cinnamon
2 scruples (½ oz, 2.5 g) ambergris
In a box or similar utensil, alternate layers of Jasmine with layers of the crushed cacao and let sit for 24 hours. Then mix these up and add more alternating layers of flowers and cacao followed by the same treatment. This must be done 10 to 12 times so as to permeate the cacao with the odor of the Jasmine. Next, take the remaining ingredients and add them to the mixed cacao and jasmine and grind them together on a slightly warmed metate; if the metate too hot, the odor will be lost.

St Disdier's Chocolate (French) 1692

Recipe 1 (very good)

2 lbs (900g) prepared cacao
1 1/2 lbs (680g) cassonade (sugar)
6 drachm (3/4 oz, 20g) powdered vanilla
4 drachm (1/2 oz ,14g) powdered cinnamon

Recipe 2 (excellent)

2 lbs (900g) prepared cacao
1 1/4 lbs (570g) sugar
1 oz (28g) powdered vanilla
4 drachm (1/2/oz,15g) powdered cinnamon

Recipe 3 (high taste, for those with no fear of overeating)

2 lbs (900g) prepared cacao
1 lbs (450g) fine sugar
3 drachm (1/3 oz, 9g) cinnamon
1 scruple (1/24 oz, 7g) powdered cloves
1 scruple (1/24 oz, 7g) Indian pepper (chilis)
1 1/4 oz (35g) vanilla

Grind the roasted cacao nibs with the sugar on a heated stone. (pierre d'Espagne, i.e.a metate) then mix the spices in with the paste. To make the drink in one's chocolatier, boil 5 to 7 oz (140 to 205 kl) of water with 1/4 oz sugar. (higher the heat the better) throw in the broken-up chocolate tablet, and beat. Letting the mixture simmer after boiling will make it foam better.

Dufour's Method (English)1672

Take a cake of chocolate and either pound it in a mortar or grate it into a fine powder. Mix this with sugar and pour into a little pot in which water is boiling. Then, take the pot from the fire and " work it well with your little mill : if you don't have a mill, pour it a score at a time from one pot to another. (shades of the Classic Maya!) but it is not as good". Finally let it be drunk without separating the "scum" from it.

From The American Phyistian...Where-unto is Added a Discourse on Cacao-Nut Tree and Use of Its Fruit, With All the Ways of Making Chocolate William Hughes 1672

"Take as many of the cacao's as you desire to make up at one time, and put as many of them at once into a frying pan (being very clean scoured) as will cover the bottom, thereof, and hold them over a moderate fire, shaking them so, that they may not burn (for you must have great are of that)until they are dry enough to peel off the outward crust skin:and after they are dried

and peeled then beat them in an iron mortar until they rowl up into great balls or rows and be sure you beat it not over-much neither, for then it will become too ooly.”

Aromatic Spice and Corn Blend for Hot Chocolate

Makes 1 ¼ cups spiced pinole

Spiced pinole mix

2 plump vanilla beans, preferably Mexican cut into ¼ inch lengths
1 cup pinole (toasted ground corn: available at Hispanic markets or online)
1 tablespoon achiote (annatto) seeds
1 tablespoon allspice berries
2 (3 inch) sticks true cinnamon (soft Ceylon cinnamon, sold as *canela* in Hispanic markets)
coarsely chopped with a knife
1 teaspoon aniseed

Single serving of hot chocolate

1 cup whole milk
1 oz high quality dark chocolate (65 -75% cacao) finely chopped
Pinch of salt
1 tablespoon of sugar, or to taste.

To make the mix: Grind the vanilla into a sticky powder in a mini chopper or spice mill. Combine with the pinole in a small bowl; set aside. Grind the achiote in the spice mill. When it is fairly fine, add the allspice, cinnamon and aniseed. Grind into a powder. Combine well with the pinole-vanilla mixture. Store at room temperature in a tightly sealed jar.

*To make the hot chocolate:*Bring milk to a simmer in a small saucepan over medium heat. Add chocolate and stir constantly with a wooden spoon until dissolved for about 1 minute. Stir in 1 tablespoon of the spiced pinol mix and the salt, then taste and sweeten with a little sugar. Stir until thickened to the consistency of light porridge or chocolate sauce, 2-3 minutes. Serve at once.

“Age of Discovery” Vanilla-Scented Hot Chocolate

Makes 8 servings

8 cups milk or water
¼ cup achiote (annatto) seeds
12 blanched almonds
12 toasted and skinned hazelnuts
2 to 3 vanilla beans (preferable Mexican), split lengthwise seeds scraped out
¼ ounce dried rosebuds(sold as *rosa de Castilla* in Hispanic markets)
2 (3 inch)sticks true cinnamon (soft Ceylon cinnamon sold as *canela* in Hispanic markets)
1 tablespoon aniseed

2 dried arbol or serrano chiles
8 ounces high quality dark chocolate (66-70% cacao)
Pinch of salt
Sugar
1 tablespoon orange-blossom water

In a heavy medium sized saucepan heat the liquid with the achiote seed over medium heat. Bring to a low boil, stirring frequently. Reduce heat to low and let steep for 10 minutes, or until the liquid is dyed by the achiote.

Meanwhile, grind almonds and hazelnuts to the consistency of breadcrumbs, using a mini chopper or Mouli grater. Set aside.

Strain out the achiote and return liquid to the saucepan. Add ground nuts along with the vanilla beans and scraped seeds, rosebuds, cinnamon, aniseed, and chilies. Bring to a low boil. Reduce heat to low and simmer for about 10 minutes. Remove from heat, stir in chocolate and salt.

Taste for sweetness and add a little sugar, if desired together with orange-blossom water. Strain through a fine mesh strainer.

Transfer the chocolate to a tall narrow pot and whisk vigorously with a Mexican molinillo (wooden chocolate mill) or a stick blender. It makes a spectacular frothy head. Serve immediately.

Chocosuisse Xocoatl

2 1/2 oz unsweetened chocolate
3 almonds crushed in a mortar and pestle
2 cups warm milk
2 tablespoons honey
Grated rind of 1/2 lemon
3/4 oz dark rum
3/8 oz coconut palm liqueur (arrack)
Dash allspice
Dash ginger

Combine chocolate almonds and milk and heat over low heat until chocolate melts. Chill in fridge. When well chilled place in blender or shaker and add honey, lemon rind, dark rum, arrack, allspice and ginger. Beat to a froth and serve.

[Choc_wine_3.12.pdf](#)

<https://drive.google.com/file/d/14Q025sy28bCmYY-nNOUgptUVzlar0Hba/view?usp=sharing>

- ▶ [Sohla's Aztec Taco Tuesday \(with Hot Chocolate!\) | Ancient Recipes With Sohla | History](#)
- ▶ [Aztec Chocolate - Blood & Spice](#)
- ▶ [Watch the Ancient Art of Chocolate-Making | National Geographic](#)
- ▶ [Making chocolate is a little more disgusting than you would expect](#)

[Bibliography](#)