OUR LADY OF GUADALUPE · DECEMBER 12

Mexican hot chocolate for Our Lady of Guadalupe

Prep 2 min **Cook** 8 min **Total** 10 min **Makes** 4 mugs **Level** Easy

ADULT SUPERVISION REQUIRED

Cooking is for children and grown-ups together. An adult should supervise at all times and handle the oven, stovetop, knives, and anything hot. Hot milk can scald. A grown-up does all the stovetop work, and mugs should cool before children drink.

ALLERGY INFORMATION

Contains milk. Chocolate often contains soy and may contain traces of nuts, so check the label. Always read ingredient labels, since brands vary, and ask about food allergies before you cook or share.

INGREDIENTS

- 4 cups (1 liter) whole milk
- 1 cinnamon stick
- 3 oz (85 g) Mexican chocolate, chopped
- ½ tsp vanilla extract
- A pinch of salt

No Mexican chocolate? Use instead

- 2 oz (55 g) dark chocolate, chopped
- 3 tbsp (15 g) cocoa powder
- 3 tbsp (40 g) sugar
- ½ tsp ground cinnamon

METHOD

1. Warm the milk and cinnamon stick in a saucepan over medium-low heat until steaming. Do not let it boil.
2. Add the chocolate (or the chocolate, cocoa, sugar, and ground cinnamon) and whisk until completely melted.
3. Take the pan off the heat. Remove the cinnamon stick and stir in the vanilla and salt.
4. Whisk hard, or use a wooden molinillo or a milk frother, until the top is foamy.
5. Pour into mugs and let it cool a little before giving it to children.

LITTLE HELPERS CAN (WITH A GROWN-UP)

- Unwrap and break up the chocolate
- Drop in the cinnamon stick
- Whisk up the foam (with a grown-up at the stove)
- Set out roses or a picture of Our Lady on the table

GOOD TO KNOW

- Grown-ups can add a tiny pinch of chili powder to their own mugs for a traditional warm kick.
- For champurrado, a thicker drink, whisk in 3 tablespoons masa harina mixed with a little water and simmer for 5 minutes.

A BLESSING BEFORE WE EAT

Bless us, O Lord, and these thy gifts, which we are about to receive from thy bounty, through Christ our Lord. Amen. Our Lady of Guadalupe, pray for us. Saint Juan Diego, pray for us.