

1812 Hot Chocolate

There is nothing like a cup of hot chocolate on a cold day. This recipe comes from an 1814 book called *The Artist's Companion, and Manufacturer's Guide, Consisting of the Most Valuable Secrets in Arts and Trades*. It is similar to what is called "Mexican Hot Chocolate" today. While officers may have had access to the somewhat exotic ingredients needed for this recipe, sailors probably made do with sugar and water. Mrs. Child, in *The American Frugal Housewife* (1833), suggests that nutmeg improves the taste of chocolate, and since this was a common spice, seamen could have grated it into their cups.

Ingredients

Cocoa	<i>Optional:</i>
Cubed (Lump) Sugar	Vanilla
Water or Milk	Cinnamon
Stove	Nutmeg
Pot	Mexican Pepper
Spoon	Cloves
Wax Paper	

Directions

"A receipt for making chocolate.

1. Dissolve in a copper pan some pulverised royal lump sugar, with a little orange water. When the sugar is turned into a syrup throw in the cocoa, the vanelloe [vanilla], the cinnamon, Mexican-pepper, and cloves, all, and every one of which, ought to have been first reduced to an impalpable powder. Stir all well while it boils; and when you judge it to be sufficiently done, pour the paste on a very smooth and polished table [use wax paper to allow paste to cool], that you may roll it, and give it whatever form and shape you like.
2. To prepare it with either milk or water, in which, when boiling hot, you first dissolve it, then, with a box-mill, with a long handle, you mill it to froth in the pot in which it is making, and pour it afterwards in cups to drink."

Serves 1 cup of liquid (water or milk) to 1 person.

Sugar, cocoa and spices to taste.

* History Note

In 1785, Thomas Jefferson wrote, "the superiority of chocolate, both for health and nourishment, will soon give it the same preference over tea and coffee in America which it has in Spain," and indeed, its popularity soared after 1800. Sailors in the Navy could buy it from the purser for 37 1/2 cents per pound.

