

Basic Mexican hot chocolate

- 6 cups milk
- 6 ounces Mexican chocolate, coarsely chopped
- ½ ounce unsweetened chocolate, coarsely chopped (optional, see note)
- 2 egg whites
- ¼ teaspoon vanilla

In a large, heavy saucepan over medium heat, heat the milk and chocolate stirring frequently, until smooth.

Increase heat and bring the mixture to a gentle boil. Remove from heat.

In a small bowl, beat the egg whites until frothy, about 30 seconds. Using an electric hand-held mixer, gradually beat whites into the chocolate mixture. Mixture will be frothy. Stir in vanilla. Return pan to heat 1 minute.

Pour hot chocolate into heat-proof pottery pitcher and serve.

Makes 7 servings.

Note: Unsweetened chocolate gives a richer flavor.

Mock Mexican hot chocolate

- 4 cups milk
- ½ cup packed dark brown sugar
- 2 ounces unsweetened chocolate, coarsely chopped
- 2 egg whites
- ¾ teaspoon ground cinnamon
- ¾ teaspoon vanilla
- ¾ teaspoon almond extract

In a large, heavy saucepan over medium heat, heat the milk, brown sugar and chocolate, stirring frequently until smooth.

Increase heat and bring the mixture to gentle boil. Remove pan from heat.

In a small bowl, beat the egg whites 30 seconds, until frothy. Using an electric hand-held mixer, gradually beat whites into the chocolate mixture. Mixture will be frothy. Stir in cinnamon, vanilla and almond extract and return pan to heat 1 minute.

Pour hot chocolate into heat-proof pottery pitcher and serve.

Makes 5 servings.

Nun's habit