

Drinking Chocolate

Approximately 20 servings. The following ingredients makes a chocolate with a cocoa content of 66 percent:

400 grams ($\frac{2}{3}$ or 2 parts) roasted and shelled cocoa beans

200 grams ($\frac{1}{3}$ or 1 part) of brown sugar

Optional flavourings

Vanilla, cinnamon, nutmeg, nuts etc.

1. The fermented beans are *roasted* on a metal sheet or a clay tray over an open wood fire. Stir slowly and continuously to protect the beans from being burnt. This normally takes 10-20 minutes, or until there is a scent of chocolate and the shell comes off easily by manually squeezing the cocoa bean.
2. After roasting the beans are *shelled* by hand. Shell residue is saved for other purposes.
3. The roasted beans are put into a large wooden or metal mortar (yaqona pounder) which is pre-heated by exposure to the embers or fire. Cocoa beans are pounded into a paste by using a pestle (pounder). When the cocoa beans start turning into a paste sugar is added, as well as optional flavourings. The cocoa/sugar compound is pounded and ground until a smooth thick paste is achieved.
4. **A)** If consumed immediately: *Dissolve* in hot water (optionally milk) and *whisk* until froth appears on the top and serve.
B) If consumed later: The paste is left to dry and solidify in small blocks or tablets. Plastic mugs may be used as moulds. If so fill the bottom of the mug to 1-2 centimetres of chocolate paste (25 grams). After a couple of hours the chocolate should solidify if stored in a cool place or in the shade out of the sun.

N.B. The amount of cocoa beans and sugar may be altered, but the basic proportions should remain in the vicinity of approximately 66 % cocoa beans and 33 % sugar.

Inquiries: Cocoa Bello NGO **E-mail:** info@cocoabello.org **Website:** www.cocoabello.org
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