



“Chocolate.”

Recipe from Antonio Colmenero de Ledesma, *Chocolate, or An Indian drink ...* (1652).

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Background & History

Image: Jose Paez, From Spaniard and Black, Mulatto: Black Woman Stirring Chocolate, oil on copper, c.1770-1780



Background & History

*Image: Jean Baptiste André
Gautier Dagoty, Madame du Barry
at her toilette, to whom Zamor
presents a cup of coffee, color
engraving, c.1750-1800*





Tools

chocolate pot and molinet

Modern adapted recipe for “Chocolate” tablets

50 raw cacao beans (shells removed)

1 long red dried chili pepper (skin only, seeds and core removed)

0.5 handful of aniseed

1.7 grams of cinnamon

6 almonds

6 hazelnuts

114 grams sugar

½ teaspoon of annatto

1. Remove shells of cacao beans by hand.
2. Separate skin/shell/husk of dried chili pepper, remove all seeds/core.
3. Individually beat/powder/pulverize each ingredient. *pulsate (non cacao ingredients) with magic bullet being careful not to heat product.
4. When grinding cacao beans, use mortar and pestle. Push material to center and use pressure to smooth out any sharp edges.
5. Combine all ingredients except sugar and annatto in mortar and pestle. Grind together with pestle until well combined.
6. Heat mixture until unctuous-ness is noted (approximately 5 minutes). Use double boiler in order not to burn or scald or caramelize.
7. Pour mixture back into mortar.
8. Add annatto.
9. Grind mixture with pestle until fats and oils are released in sufficient quantity to turn material into paste/almost liquid. Approximately 25 minutes.
10. Using spoon, drop paste onto wax paper. Leave out overnight to dry (flipping once may decrease drying time).

Problems & Authenticity

- Nonlinearity of recipe
- Nonauthentic tools
- Sourcing of ingredients
- Measurements
- What is it supposed to taste like? (What is the scum?)





Experimentation & Iteration

Phase 1: Chocolate Tablets



Experimentation & Iteration

1st try: sugar added to the chocolate mixture



Experimentation &
Iteration

2nd try: sugar omitted; mixture warmed before final pulverizing



Experimentation & Iteration

3rd try: double boiler to warm mixture, 1/2 original recipe

Phase 2: Drink

- Dissolve tablet in cold water, remove “scumme,” put the rest of the tablet over heat with sugar and water
- Boil in pipkin until water is dissolved; add water and sugar and boil until there is “oily scumme” — do not use too much heat
- Cold: dissolve chocolate into cold water by crushing it with a molinet; take off the scum and place it in dish; add sugar



Phase 2: Drink

- Chosen for experimentation: popular Spanish method
- “shorter, quicker and more wholesome”:
- first set some water to warm, while it warms throw in a tablet and mingle with sugar in cup, when water is hot you pour water to the chocolate, dissolve with Molinet and then without taking off scum drink it.







Phase 2: Drink

Choose reconstitution method.

Ingredients

10 chocolate tablets

25 oz of water (200 degrees F)

114 grams sugar

1. Heat water
2. Mix hot water with chocolate tablets and sugar.
3. Stir into froth with molinet.
4. Drink.



German, Meissen, chocolate cup, c.1720



Bon appétit!

Jean-Baptiste Charpentier the Elder, Family of the Duc de Penthièvre (Cup of Chocolate), oil on canvas, c.1750-1775

Contemporary Spanish Recipe

- **“An ancient Spanish recipe” (Colmenero, 1643)**
- 700 cocoa beans
1.5 pounds of white sugar
2 ounces of cinnamon
14 Mexican peppers called chilis or pimienta
0,5 ounces of cloves
3 small campeche points or 2 reals weight of aniseed
1 large knob of achiote or enough to give it a good colour
almonds
hazelnuts
orange flower water

Drinking (notes from recipe)

- Then there are a few options: the Indians take it hot with Atolle (which is pappe made of the flower of maiz and so they mingle it with chocolate and to be more wholesome take husks of maiz which is windy and melancholy)
- Or they modern drink “which the spaniards use to much” is two sorts.
- 1. chocolate being dissolved with cold water and the scumme taken off and put into another vessel the remainder is put on upon the fire with sugar and when it is warm then when warm, the powere is upon the scumme you took off before and to drink it.
- 2. warmt he water then when you pave put inot a pot or dish as much chocolate as you think fit, put in a little warm water then grind it well with the molinet and when it is well ground put the rest of the warm wtaer to it and so drink it with sugar
- 3. additional way: put the chocolate into a pipkin (small earhthenware pot or pan), with a little water, let it boil well till it be dissolved , then put in sufficient water and sugar bring to boil again until there comes and oily scumme upon it then drink it. (if you put too much fire, it will runne over and spoil) according to author this is not too wholesome though ti pleases the pallate.
- 4. drink it cold ccalled cacao - the cholcate being dissolve in water with the molinet (a stick for whipping chocolate or small grinding mill <http://www.merriam-webster.com/dictionary/molinet>) take off the smum or crassy part , the scum is laid aside by it self in a little dish, put sugar in o the part from where you took the cum, and powre it from on high into the scum and drin it cold
- 5. another method of drinking it col is called cacao penoli, adding same to chocolate so much maiz dried and well ground and taken from husk, then well migled in the mortar with the chocolate
- 6. last way which is shorter and quicker and more wholesome and author uses, first set some water to warm, while it warms throw in a tablet and mingle with sugar in cup, when water is hot you pour water to the choclate, sisoolve with Molinet and then without taking off scum drink it.