The Hot Chocolate Project
Made By: Room 29
The History of Hot Chocolate

When you are cold it is nice to sit by a hot fire and drink hot chocolate to warm your body. Have you ever thought about where this delectable drink comes from? The drink got its start in Mexico and since then has been found all over the world in different flavors and textures.

Hot Chocolate in the Beginning

Hot chocolate is made out of cocoa beans from the tree Theobroma cacao which is an ancient Greek word meaning “food of the gods.” The Aztecs, in Mexico, not only used the cocoa beans for cooking, but also for currency and gifts. Cocoa beans were a symbol of abundance or a large amount of wealth. The hot chocolate the Aztecs made is very different from the version you may drink today. The Aztecs would drink it cold with chili peppers. The drink was not sweet. They would roast and grind the beans into a paste. Then they would mix the paste with water, cornmeal, chili peppers and other ingredients. They would pour the mixture back and forth from one cup to another until the mixture would have a thick foam called froth.

In 1502, Christopher Columbus came to America and stopped in Nicaragua where he saw the cocoa beans. The beans were nicknamed “brown gold.” Columbus took the beans back with him to Europe.

In 1528, Hernando Cortez from Spain had a cup of hot chocolate with the Aztec emperor Montezuma. Cortez brought the cocoa beans and all the equipment needed to make the drink back to the Spanish court. The court loved the drink and began to add other ingredients to the drink to make it more flavorful, such as sugar cane, vanilla, and cinnamon. Cortez began growing cocoa beans in Spain in hopes of trading with Europe. In 1585, Spain decided to start trading the cocoa which led to the beginning of chocolate shops.

American historian William Hickling’s History of the Conquest of Mexico (1838) reports that Montezuma: “took no other beverage than the chocolatl, a potation of chocolate, flavored with vanilla and spices, and so prepared as to be reduced to a froth of the consistency of honey, which gradually dissolved in the mouth and was taken cold.”

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Hot Chocolate and Hot Cocoa

You will never believe it, but hot chocolate and hot cocoa are not the same thing. People talk about both as if they are the same, but they are not. Both drinks are delicious and are made from the cocoa bean. As discussed earlier the cocoa beans come from the Theobroma cacao tree. The beans grow in pods on the bark. The seeds are dried and roasted and the outer layer of the bean, known as the shell, is taken off or removed. The inside of the bean is known as the nib and is turned into a thick paste which is made of cocoa solids and cocoa butter. The paste was mixed with water to make a beverage that was highly regarded until 1828. Coenraad Johannes, a Dutch chemist, figured out a way to separate the cocoa butter from the thick paste called Dutching. Cocoa powder also known as “Dutch cocoa” was all that remained after the cocoa butter was removed. The Dutch cocoa had a mellow flavor. Hot cocoa is made with Dutch cocoa.

Hot chocolate is made from solid chocolate. Solid chocolate is made with the same thick paste except the cocoa butter is not taken out. Sugar, vanilla, and milk are added to the thick paste to make it rich and yummy.

Authentic Hot Chocolate Recipes from Around the World

Throughout Mexico, people drink chocolate twice a day all year long. The foam on the drink is extremely important to them. Mexicans believe the spirit of the drink is in the foam. The foam on the drink is made using a carved wooded utensil called a Molinillo, which whips the liquid. The Molinillo is a whisk or stirrer.

Mexican Hot Chocolate
By: Jim Peyton

Ingredients:
1- 3.3 ounce round or piece of Mexican Chocolate (Nestle’s Abuelita is a good choice)
   If you can’t find Mexican chocolate substitute 1 ounce semi-sweet chocolate and 1/2 teaspoon ground Mexican cinnamon for every 1-ounce Mexican Chocolate.
2- 2 1/2 cups milk or water

Directions:
Break or chop the Mexican chocolate into small pieces. Place it in a saucepan, add the milk, and bring it to a simmer. Stir the mixture until the chocolate is melted and completely combined. Beat the chocolate to a froth as suggested above.

Makes 2 cups
**European Hot Chocolate**
By: Brian Samuels

**Ingredients:**
1 cup milk
1 1/2 oz semisweet chocolate, shaved
Whipped cream or crème fraiche (optional)

**Directions:**
Split the chocolate in half, but reserve a couple teaspoons, and put it in two mugs. Heat milk in a saucepan over medium heat, making sure to stir continuously. When it starts to foam, take off heat and pour into each mug. Stir until the chocolate has fully incorporated. Top with whipped cream or crème fraiche and some chocolate shavings.

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**American Authentic Hot Chocolate (not to be mistaken for hot cocoa)**

**Ingredients:**
¾ cup whole milk
¼ cup heavy cream
2 ounces high quality bittersweet chocolate, finely chopped
2 ounces high quality semisweet chocolate, finely chopped
pinch of salt
1 tsp vanilla extract

**Directions:**
Place chocolate in heat proof bowl and set aside. Heat milk, cream and salt in a saucepan just to the boiling point. Turn off the heat and pour 1/2 of the mixture over the chocolate and allow to sit for one minute. Whisk, starting from the center, until the chocolate is completely dissolved. Add back to the sauce pan and whisk to combine with the remaining milk mixture. Stir in the vanilla extract and allow to sit for 15 minutes. Reheat gently over low heat and serve with a dollop of freshly whipped cream and a few chocolate shavings.
Below is a blank recipe card. Take the card home and have your parents help you write a hot chocolate recipe. Make the hot chocolate at home by following the directions. Bring the card to school along with a paragraph writing about how you made the hot chocolate and how it tasted.

Recipe Name: ____________________________________________

Ingredients:

_____________________________________________________

_____________________________________________________

_____________________________________________________

Directions:

_____________________________________________________

_____________________________________________________

_____________________________________________________

Recipe By: _____________________________________________

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Questions

Vocabulary

1. What is a synonym for "money" found in the text?
   a. Wealth
   b. Gifts
   c. currency

2. What is the meaning of the word abundance?
   a. To dance
   b. A large amount
   c. A bunch of cocoa

3. What is the meaning of the word Dutching?
   a. To separate cocoa powder from the thick paste
   b. A Dutch man
   c. A way to eat chocolate

4. What is a Molinillo?
   a. Spoon
   b. Spatula
   c. whisk

5. In paragraph 4, the word flavorful has the suffix -ful. What does the suffix -ful mean in the word?
   a. Without flavor
   b. Full of flavor
   c. Lacking flavor

6. In paragraph 5, use context clues to help you define the word "regarded."
   a. Look away
   b. To look upon with respect
   c. To taste delicious

Comprehension

1. What was the author’s purpose for writing this passage?
   a. Persuade
   b. Inform
   c. Entertain

2. What is the passage mostly about?
   a. Christopher Columbus took cocoa beans to Europe
   b. Cortez took cocoa beans to Spain and traded the beans
   c. The history of hot chocolate

3. On the first page ONLY, label all the text features using the following words:
   Caption, picture, bold words, heading, title

4. How did the Spanish change the drink to fit their tastes?
   a. Sugar & marshmallows
   b. Sugar cane, vanilla, and cinnamon
   c. Sugar, vanilla, and whipped cream

5. Why do you think the cocoa beans were named “brown gold”?
   a. They’re so yummy!
   b. The beans were found with gold inside
   c. The beans could be used for currency, trade, and food

6. What led to the chocolate shops?
   a. Spaniards were trading the cocoa beans
   b. The cocoa became a huge success because of the Aztecs
   c. The cocoa was so good people could not stop eating it

7. What do the Mexican’s believe about hot chocolate?
   a. The cocoa beans are the heart and soul of the drink
   b. The whipped cream really brings out the flavors
   c. The froth is the spirit of the drink

8. On the European Hot Chocolate recipe card it asks the cook to reserve a couple of teaspoons. What do you think the saved teaspoons of chocolate are for?
   a. Sweetener
   b. Topping
   c. Helps the froth be fuller
Math Questions

1. What is an equivalent fraction for one-half?

2. If you were going to double the American Hot Chocolate recipe, how much heavy cream would you need?

3. The Mexican Hot Chocolate recipe makes 2 cups per batch. How many batches would you need to make for six people?

4. The European Hot Chocolate calls for 1 cup of milk. What is the fraction written in words?

5. Your measuring cup is dirty. All you have to use is your \( \frac{1}{4} \) cup that is clean. How many \( \frac{1}{4} \) cups would it take to make 1 cup of milk?

6. What fraction of the cups do not have whipped cream on the top?
To marshmallow or not to marshmallow...that is the question!
Hot Chocolate Timeline

Cut the events out. Place in order of which they occurred either on a timeline or a piece of construction paper. Start with the older event first and end with the most recent.

1765 Chocolate was introduced to the United States when Irish chocolate-maker John Hanan imported cocoa beans from the West Indies into Dorchester, Massachusetts, to refine them with the help of American Dr. James Baker. The pair soon after built America’s first chocolate mill and by 1780, the mill was making the famous BAKER’S® chocolate.

1643 It didn’t take long for Spaniards to begin heating the mixture and sweetening it with sugar. Soon ‘chocolate’ became a fashionable drink enjoyed by the rich in Spain.

1800 Antoine Brutus Menier built the first industrial manufacturing facility for chocolate.

1879 Daniel Peter and Henri Nestlé joined together to form the Nestlé Company.

1519 The voyage which led Hernan Cortes (1485–1547), Spanish conquistadores, to discover Mexico and the Aztec civilization. It was Montezuma, Emperor of Mexico, who introduced Hernam Cortes to his favorite drink ‘chocolatl’ served in a golden goblet.

1795 Dr. Joseph Fry of Bristol, England, employed a steam engine for grinding cocoa beans, an invention that led to the manufacture of chocolate on a large factory scale.

1828 The invention of the cocoa press, by Coenraad Johannes, helped cut prices and improve the quality of chocolate by squeezing out some of the cocoa butter and giving the beverage a smoother consistency.

1502 Christopher Columbus (1451–1506), the first European to taste cocoa in Nicaragua, on his fourth voyage to the New World, returned to Europe with the first cocoa beans.

1753 Swedish naturalist, Carolus Linnaeus was dissatisfied with the word “cocoa,” so renamed it “theobroma,” Greek for “food of the gods.”

1700 By the 1700s, “Chocolate Houses” were all the rage, as popular as coffee houses.
**Teacher Notes:**

*Passage, questions, and recipe card:* Have students read the passage about the history of hot chocolate and answer the questions that follow. Students can take the recipe card at the end of the passage home and write their own recipe for hot chocolate. The students will make the hot chocolate and write a one paragraph narrative story about how they made the drink and how it turned out. Make a class book out of all the cards returned.

*Math Questions:* Students can use the recipe cards to answer the fraction, multiplication, and addition questions.

*Marshmallow Paper:* The students can use the marshmallow paper to write a persuasive paper. Ask the students to write a page about whether they prefer marshmallows in their hot chocolate or none at all. The students need to persuade the reader their way is the best. You can have the students complete the writing process and when complete they can re-write their essay on the marshmallow paper provided. To add a little more pizzazz you can have the students glue the paper onto blue or black paper to give it more of a pop.

*Timeline:* Have the students cut the sentences out and glue onto a timeline in order of which the events occurred. If you want to make it cuter you can have them place the events in order on a big cup of hot chocolate made out of construction paper.

**Answers for the vocabulary, comprehension, and math questions:**

**Vocabulary:**
1. C  
2. B  
3. A  
4. C  
5. B  
6. B

**Comprehension:**
1. B  
2. C  
3. Labels  
4. B  
5. C  
6. C  
7. C  
8. A

**Math:**
1. 2/4  
2. ½ cup  
3. 3 batches  
4. One whole  
5. 4  
6. 3/5

**Timeline (by dates only):**

1502  
1519  
1643  
1700  
1753  
1765  
1795  
1800  
1828  
1879