

Mexican Chocolate Tablets for Mexican Hot Chocolate

Prep Time: ~ 30 minutes

Cook Time: ~30 minutes

Servings: 10 - 12 tablets (Each tablet equals 6-8 cups)

Ingredients:

1 lb of Raw Cacao Beans

0.5 lb of Raw or Brown Sugar

2 Ceylon Cinnamon sticks (~ 0.7 oz)

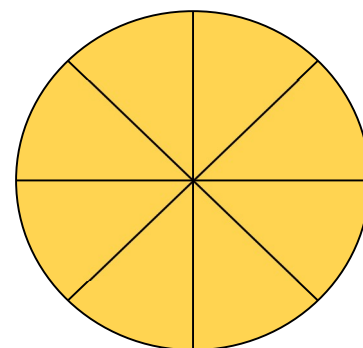
**Amounts may vary depending on your taste. You can play with adding more or less sugar according to your desire.*

Directions:

1. Pan-roast the cacao beans until the husk is black-ish. This doesn't mean the bean inside is burnt. This is only the husk. This step helps cacao develop more flavor and aromas. Put aside.
2. Crack cinnamon sticks into pieces and pan-roast them until they are slightly darker. You will notice a pleasant toasty smell will start spreading in your kitchen. Put aside.
3. Place sugar in a blender or food processor. Grind the sugar for a few seconds until the grains are finer. It should not be so fine that it looks like powdered sugar. Put aside.
4. Remove the cacao beans' husks by hand. It's okay if some beans break into nibs in this step; just make sure you don't waste any of that precious cacao.

Note: Don't discard the husks just yet! Cacao husks are high in pectin and theobromine (a substance similar to caffeine but with long-lasting, non-addictive and more gentle effects), and they make a great tisane both hot and cold brew.

5. In your food processor, grind the cinnamon for 40 - 60 seconds. Put aside and mix it with the ground sugar in a bowl.
6. Place the cacao beans in the food processor and grind. After a few seconds, you will see the cacao start forming a paste. When that happens, pour the cacao paste into a bowl.
7. Add the cinnamon and sugar to the cacao paste and mix thoroughly with a spoon until the consistency becomes like a dough.
8. With clean hands, grab some of the mix, and put it into 1 inch-thick molds, and press the mix to form a compact puck or tablet. (You can also use cookie cutters). Repeat this until you're done with all the mix.
9. With a knife, make marks for individual portions on each tablet. Be careful not to cut all the way through. (See the image on the right.)
10. Let them cool down until they harden.
11. Store your Mexican chocolate tablets in a cool, dark and dry place.



Mexican Hot Chocolate preparation

1. Boil 6-8 cups of water in a pot.
2. Break a whole chocolate tablet into smaller pieces and add them to the boiling water.
3. Stir thoroughly with a wooden spoon until all clumps are dissolved.
4. Serve.

Bonus tips

- You can add the sweetener of your choice on step 2 if you desire a sweeter taste.
- For a creamier beverage, you can use milk instead of water. Keep in mind that once milk starts boiling it will start foaming and it might spill from the pot if temperature is not regulated.
- For a foamier and clump-free beverage, you can use an electric frother after serving each cup, or you can just put the preparation in the blender filling the jar only one-third to one-half full. Start blending at low speed and then little by little turn the speed up. Cover the blender lid with a clean kitchen towel, and don't forget to use kitchen gloves to avoid getting burnt.