

Champurrado (Atole With Chocolate)

Inspired by Zarela Martinez, The Food And Life Of Oaxaca (ISBN 0-02-860350)

Author's note: This delicious drink is like a morning cup of hot chocolate combined with breakfast porridge.

Makes 6 cups

1. Prepare atole

¼ cup masa harina
3 ½ cups cold water
¼ cup sugar
¼ teaspoon salt

In a small bowl, combine the masa harina, sugar, and with ½ cup of water.

Stir until smooth.

In a medium saucepan, combine the paste with the remaining 3 cups of water. Bring to a boil over medium high, stirring often.

Reduce the heat to low and simmer for 25 minutes, stirring occasionally. It will thicken into a light gruel.

2. Prepare chocolate milk

3 cups milk
3 ounce tablet commercial
Mexican chocolate, broken in
small chunks
1 teaspoon ground cinnamon

While the atole is cooking, heat the milk in a small saucepan over medium heat. Before it starts to boil, add the chocolate and cinnamon.

Continue to heat, stirring frequently, until the chocolate is thoroughly melted and dissolved.

Reduce the heat to low and simmer the hot chocolate, stirring frequently, for 3 to 4 minutes.

3. Combine

Pour the hot chocolate into the simmering atole, stirring vigorously to combine.

4. Beat

Remove the mixture from the heat.

Beat with a whisk, eggbeater, hand-held electric mixture or (best of all) Mexican wooden molinillo until a thick froth forms on top.

5. Serve

Pour into mugs or breakfast cups, spooning some of the foam over the top of each serving.