

Arthur Parker's Fortifying Cocoa

Cocoa, or chocolate, as it was often referred to (chocolate as a candy had not yet been introduced) was a popular Regency drink served most often at breakfast, but sometimes in the evening as well. Creating cocoa at home took time, skill, and a special pot. The chocolate pot, looking like a small samovar, stood on legs so that a heat source could be placed beneath it. The chocolate and milk were melted together, stirred from the top by a whisk, and poured out. This task would be performed at the table by one of the members of the family.

The cakes of chocolate [mentioned in Mary Rundell's recipe below] were made by grinding cocoa beans and mixing them with sugar and spices, such as aniseed, cinnamon, cardamom, vanilla, and nutmeg. The whole mixture was then moistened and formed into bricks or cakes to be used at a later date. Today's cocoa recipes can gain a flavor of the past by including a spoonful or two of whatever spices you like best.

Chocolate

Cut a cake of chocolate in very small bits; put a pint of water into the pot, and, when it boils, put in the above; mill it off the fire until quite melted, then on a gentle fire till it boil; pour it into a basin, and it will keep in a cool place eight or ten days, or more. When wanted, put a spoonful or two into milk, boil it with sugar, and mill it well.

—Maria Eliza Ketelby Rundell

Ingredients

¼ cup good quality Cocoa Powder
1 cup Water
¼ cup Sugar
3 cups Milk

Directions

- Stir the cocoa powder with the water over a medium heat until the chocolate is completely melted into the water and the mixture boils.
- Stir in the sugar and reduce the heat. Pour in the milk and continue stirring the chocolate until it is scalding hot but not boiling.
- Serve piping hot with a dash of your favorite spice and a dollop of whipped cream.

Serves 4-6



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