

My Favorite Hot Chocolate Recipe

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COOK with JOHN

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Servings: 4

Yield: 6 Ounces

2 Cups Whole Milk

1/2 Cup Spring Water

1/4 Cup Granulated Sugar

3 1/2 Ounces Intense Dark
Chocolate - Lindt 70% or
Ghirardelli 72% Are Excellent
Choices, finely chopped

3 Tablespoons Unsweetened
Cocoa Powder

As Needed Fresh Whipped
Cream, see recipe

As Needed Homemade
Marshmallows, see recipe

In a medium saucepan over medium-high heat, whisk together the milk, water and sugar. Allow to come to just a boil and then add the chocolate and the cocoa powder, stirring constantly. Bring to a second boil while whisking, do not scald.

Reduce heat to a simmer and allow mixture to thicken slightly, about 3-4 minutes. Remove from heat and using a "stick" blender, blend until thick and frothy, about 3 - 4 minutes.

Pour into cups that have been preheated by filling with hot tap water (this takes the chill off the cups). Add a few homemade marshmallows and/or top with fresh whipped cream and enjoy!

Per Serving (excluding unknown items): 251 Calories; 12g Fat (39.6% calories from fat); 6g Protein; 36g Carbohydrate; 3g Dietary Fiber; 17mg Cholesterol; 64mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Non-Fat Milk; 2 1/2 Fat; 2 Other Carbohydrates.

Warning - Once you and your family tries this recipe, you will never want "processed" hot chocolate again!

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