The way of making Chocolate.

The Cacao and the other ingredients are pounded and beaten on a Stone, which the Indians call Metatl, made for that purpose. The first thing they begin to do is to broyl well, and carefully to dry before the fire all the ingredients (except the Achiote*) to the end that they may be easily pounded and broken, but in the broyling of them before the fire, there must be great heed taken, that they be often turned and stir’d about, for fear of burning or becoming black; besides which, they being too much done, lose their vertue and receive a bitter taste. The Cinnamon and the Pepper of Mexico ought to be first pounded, and the latter of them should be beaten together with the Annis-seed: The Cacao is that which is to be last of all beaten, but by little and little, till you think there is so much as may be sufficient for your purpose, and every time you must give it three or four turns in the Mortar. You must also take care that every one is beaten severally, and by it self, having beaten all these ingredients to a fine powder, you put them altogether in a Vessel, where the Cacao is, and these powders they stir and mix with a spoon, and presently they take of this past, which they begin again to pound in Mortar (or rather if they have it the forementioned Stone) under which they make a gentle fire, taking special heed, that they do not make it too great and too quick, nor that you heat it too much, for fear of scattering and dissipating the buttery parts. You must also take notice, that in pounding the Cacao you mix the Achiote therewith, to the end that you may give it a better colour, and the tincture may remain, and be the better implanted therein. The Powder of each ingredient, except that only of the Cacao must be well sifted, and if you peel the Cacao, and take it out of its little shell, the drink thereof will be more dainty and delicious. Then when all shall seem to be well mixed and incorporated (the which you may easily know if you find it without the least straw or lump) you shall take with a spoon of this mass, which will be almost all melted and dissolved (whereof they make little Cakes) and and put into boxes, which by that time it is cold will become hard and firm. You must observe nevertheless, that to make these Cakes they throw a spoonful of the Liquor on some paper, or as in the Indies on some great leaves, like those of the Plane-Tree, our Author means here the Indian plane-tree and not that of Europe, for the Platanus of the Indies was so named by the Spaniards for reasons that are unknown to us, for it has no resemblance with our Plane-tree, but it is rather like the Palm tree, as well in shape as in the bigness of the leaves, which are so large, that they cover a man from head to foot. Tis also observable, that these leaves serve for the same use as paper with us: But to the purpose; two or three spoonfuls being thus put on one of these
leaves, and set in the shade, do soon grow hard, and afterwards folding or doubl|ling the paper, those Cakes, as being very fat, are easily separated from the paper: But if you should pour it into some earthen Vessel, or on some board it is not easie to unfasten those Cakes, or get them off whole.

They drink this li•uor in the Indies two wayes, of which the first and most ordinary is to take it hot with Atholle, an ancient Drink of the Indians, who call by this name, a Drink made of the flower of Maiz, well steept in Water, and boy|l'd to a clear Liquor, or rather like starch; but there be o|ther different sorts thereof which are excellently well described by Laet in his 7th. Book Chap. 3. which the cu|rious may consult at their pleasure: That discourse being too great a di|gression to be here inserted. With this Liquor the Indians mix their Chocolate, and to make it more whol|som they clear the Maiz, by taking away the upper skin, which is Windy, and begets melancholick humours, and so there remains the best and most substantial thereof: Return we now to the second manner, of ta|king it, which is the modern and has been introduced since the Spaniars have made use of this Chocolate, the which is also two fold.

The first is to steep or dissolve the Chocolate in cold Water, and to take off the scum which they put into a|nother dish, then to set the remainder over the fire, putting therein as much Sugar as you shall judge convenient to sweeten it, and lastly it being hot and having mixed the Scum therewith, which you had set apart, you may drink it. Before I give you the other way of making this Liquor 'twill not be amiss to describe the Cup or Goblet wherein they drink the Chocolate, made of Xicara, or Co|co, which the Mexicans call Tecomates. They also make them of the fruit of a certain Tree call'd by the Spaniards Hi|guero, the Tree is very big• which bears leaves in shape and largeness like to our Mulberry Tree, and has a fruit like the gourd, whereof the Savages make Cups to drink their Chocolate, as to the Palms which bear these Co|co's I have nothing to say to them, which yet are one of the stupendious Miracles of Nature, I shall only take notice with the Learned Doctor Pa|ludanus, in his remark on the Voyage of Linschot, that the Coco is covered with two barks, the first whereof is rough, and hairy, of which they make the Cables and Cordage of a Ship, of the next Shell they make these Cups; the common opinion being that these Cups have an innate vertue (of which the Chocolate being put therein participates) against the Apoplexy. Sed haec o biter. To the purpose there|fore. The Second way of preparing this liquor is to heat the water, put|ing into this forementioned Cup, as much Chocolate as is thereto necessary, and withal a little water, then work|ing the Chocolate and incorporating it till it be well mixt, and dissolv|d all in the Cup, put the rest of your hot water with some Sugar therein, and so drink it: Thus in Spain. But we in England usually boyl the Chocolate with the water, and some to make it more dainty, though less wholesome, use therein Eggs and Milk. There is yet another way, something different from this former, for they boyl both the Chocolate and water together till there swims at top a fat buttery sub|stance, taking care, that there is not too
great a fire to make it boil over: But this way I do in no wise approve of, for the fat separating itself from the earthy parts, this sinks to the bottom, and the other keeps at top, so that being thus drunk, the first loosens the stomach, and takes away the appetite, and the latter causes melancholy, &c.

There is another way of making this drink of Chocolate, which is cold, which takes its name from its principal ingredient, and is therefore called Chocolate, whereof they take to refresh themselves, and is made after this manner. They steep the Chocolate powder'd into a little water, working it well with the little Mill, whence they abstract a very large scum, which is so much the more augmented by how much the Cacao is more old, and rotten, this scum they put into a dish a part, mixing therewith a sufficient quantity of Sugar, which done they set it up for their use, and drink it cold, when they find they have need thereof, but it is to be understood, that they do not take this sort in Winter, but in the greatest heat of Summer, yet thus prepared it is so extraordinary cooling, that it does not agree with all stomachs, for experience shews the ill thereof, it causing distempers in the stomach, and chiefly to Women. I would here give you the cause and reason thereof, but I shall omit it, that I may not seem too prolix, and to trespass on the Readers patience.

There is also another way of drinking it cold, which so prepared is call'd Cacao Pinoli, it is made in adding to the same Chocolate (after having made the confection as we have shewed) an equal quantity of Maiz parched and pounded, but first well cleared of its skin, the which being beaten in the Mortar with the Chocolate becomes a powder and mingles itself with the other, and of the powders managed as we shewed just before arises a Scum which they also take and use as the precedent drink.

There is yet another shorter then the former ('Tis the same with ours) and therefore more fit for men of business, who have not the leisure to attend a longer preparation, the which is very wholesom, and 'tis that I make use of myself; whilst you set on the water to boil you must take a Cake of Chocolate, which you may either pound in the Mortar, or rather grate it to a fine powder, mixing it with some Sugar, in a little pot, the water being hot you must pour the Chocolate therein, then taking it from the fire, work it well with your little Mill, and for want of that, brew it a score times, out of one pot into another, which yet does not so well incorporate it as the Mill; this being done, let it be drunk without separating from it the scum, as is usual in the aforesaid preparations.

*Achiote is a small shrub whose seeds are used as a natural food coloring.*