

CINNAMON HOT CHOCOLATE

INGREDIENTS

1 cup water

¼ cup sugar

3 cups milk

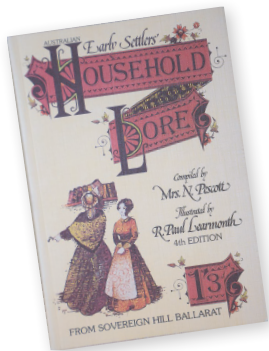
2 oz cooking chocolate

1 dessertspoon finely grated orange zest

Few drops of vanilla or almond essence cinnamon sticks

METHOD

1. Melt the chocolate in basin over hot water.
2. Put sugar, milk, water and essence in a saucepan and heat slowly stirring to dissolve the sugar.
3. Pour into the saucepan, the hot melted chocolate and stir well to mix.
4. Bring to boiling point and stirring all the time simmer for several minutes



Extract from
'Early Settlers' Household Lore'.
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