

# Thick Hot Chocolate with Cinnamon

a recipe from [www.maureenabood.com](http://www.maureenabood.com)

*Hot cocoa has its place in the world, but hot chocolate, thick drinking chocolate, that belongs on your unforgettable lists. In Mexico, masa harina (corn flour) is used to thicken the hot chocolate. In Spain, corn starch. The result is not meant to be eat-with-a-spoon thick, just slightly thickened. Go deep and dark with your chocolate. If your chocolate is unsweetened or simply very dark and you want to sweeten it up, add a tablespoon or two of sugar when you steam the milk. Small cups of the chocolate make it special, and the amount seems to be plenty because of the rich flavor and texture, and you can of course go for a refill. I add a cinnamon stick to the milk for a delicious spice note.*

- 1 cup milk (whole or 2%; if using skim, increase the cornstarch by 1 teaspoon)
- 1 ½ teaspoons cornstarch
- 1 cinnamon stick
- 2 oz. very high quality chocolate, 60-70% cacao, finely chopped

In a small sauce pan, dissolve the cornstarch in the milk. Add the cinnamon stick and bring the milk just to a boil over medium heat, stirring. Reduce heat to low and add the chocolate, continuing to stir until the chocolate is melted and the liquid is slightly thickened (it will lightly coat the back of a wooden spoon).

If the hot chocolate doesn't thicken, add a slurry of cornstarch and milk (dissolve ¼ teaspoon of cornstarch in a tablespoon of cold milk) to the hot chocolate and continue stirring over medium high heat until slightly thickened. Discard the cinnamon stick and pour into little cups. Serve immediately.