



RECIPE CARD WK3

CHOCOLATE WINE

This recipe is particularly good as an after-dinner drink, which was when port was often consumed, as well as chocolate. It's worth serving it in small (espresso or small coffee) cups, as it is very rich. You can also substitute the alcohol for milk.

Original recipe

John Nott, *Cook's Dictionary*. 1726

Take a pint of sherry, or a pint and a half of red port, four ounces and a half of chocolate, six ounces of fine sugar, and half an ounce of white starch, or fine flour; mix, dissolve, and boil all these as before. But, if your chocolate be with sugar, take double the quantity of chocolate, and half the quantity of sugar; and so in all.

Adapting the recipe for modern use

To make 4 small cups:

- 128g (4½ oz) dark chocolate, at least 80% cocoa solids
- 600ml (1pt) ruby port (or 500ml of sherry)
- 30/40g (2/3tbsp) caster sugar
- ½ oz rice or plain flour

Pour all of the port into a saucepan.

Break up the chocolate into small chunks and add to the saucepan.

Add the sugar to the saucepan. Alcohol goes bitter when you heat it so you may need more to taste.

Whisk in the flour.

Cook over a low heat for 10 minutes, until small bubbles form around the edge. Do not let it boil!

Whisk the chocolatey mix together.

Pour into cups or a chocolate pot of choice, and enjoy warm.

RECIPE NOTES

Remember that pints were old pints – 16 fluid ounces – and that chocolate usually came ready prepared in blocks. The best thing to use is the 100% cocoa chocolate sold in blocks as cooking chocolate (the major brand is Willie's). However, as the author says, if you can't get that, adapt the sugar proportions – a bar of between 60–80% cocoa should require about half the amount of sugar mentioned here. Do not use milk chocolate! For the starch, rice flour is ideal, but plain flour will do.

The French were keen consumers of chocolate, often with milk rather than port, and it was a great favourite at breakfast – a position which it occupies still.