

Colmenero de Ledesma, Antonio. *A Curious TREATISE OF THE NATURE and QUALITY OF CHOCOLATE*, Done into English from the Original Spanish By J. Chamberlaine. In Philippe Sylvestre Dufour. *The manner of making of coffee, tea, and chocolate as it is used in most parts of Europe, Asia, Africa, and America, with their virtues/ newly done out of French and Spanish*. Printed for William Crook at the Green Dragon without Temple Bar near De|vereux Court, 1685 102-111.

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 care|fully to dry before the fire all the in|redients (except the *Achiote**) to the end that they may be easily pounded and broken, but in the broy|ling of them before the fire, there must be great heed taken, that they be often turned and stirr'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 bea|ten 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 e|very time you must give it three or four turns in the Mortar. You must also take care that every one is bea|ten 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 specia|l heed, that they do not make it too gr•at and too quick, nor that you heat it too much, for fear of scattering and d•ssipating the buttery parts. You must also take notice, that in pound|ing the *Cacao* you mix the *Achiote* therewith, to the end that you may give it a better colour, and the tin|cture 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 pa|per, 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 resem|blance 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 ob|servable, 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 doubling 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 liquor 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 steeped in Water, and boyl'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 leasure: That discourse being too great a digression 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 talking it, which is the modern and has been introduced since the Spaniards 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 there|with, 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 *Higuero*, 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 boyl over: But this way I do in no wise approve of, for the fat separating it self from the earthy parts, this sinks to the bot|tom, and the other keeps at top, so that being thus drunk, the first loosens the stomach, and takes away the appe|tite, and the latter causes melancho|ly, &c.

There is another way of making this drink of *Chocolate*, which is cold, which takes its name from its princi|pal ingredient, and is therefore call|ed *Chocolate*, whereof they take to re|fresh themselves, and is made after this manner. They steep the *Choco|late* powder'd into a little water, wor|king it well with the little Mill, whence they abstract a very large scum, which is so much the more augment|ed by how much the *Cacao* is more old, and rotten, this scum they put into a dish a part, mixing therewith a suff|icient 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 under|stood, 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 experi|ence shews the ill thereof, it causing distempers in the stomach, and cheifly 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 Rea|ders 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* parcht and pounded, but first well cleared of its skin, the which being beaten in the Mortar with the *Chocolate* becomes a powder and min|gles it self 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 leasure to attend a longer preparation, the which is very wholesom, and 'tis that I make use of my self; whilst you set on the water to boyl▪ 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 ano|ther, which yet does not so well in|corporate it as the Mill; this being done, let it be drunk without separa|ting 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.*