

Campurrado Recipe

Serves: 5-6

Ingredients:

1/2 cup *masa* (masa flour) 5 cups water (if you add milk instead of water, it is known as *atole*); 1/4 cup piloncillo; 1 stick cinnamon (*canela*); 1 tablet of Mexican chocolate (**Abuelita** or **Ibarra** are two popular brands)

Preparation:



In a large saucepan, whisk the water into the masa flour little by little until completely mixed and free of lumps. Heat over medium heat, stirring constantly, until it just begins to thicken. After removing from the heat, stir in one tablet Mexican chocolate (approx. 3 oz.). Stir until completely melted and blended, then whisk until frothy. [**NOTE** at this point you may also one cup add milk to make it creamy, but this is optional]

Traditional Mexican cooks will use a *molinillo* (pictured left), a carved wooden whisk, to beat it. Put the carved end of the *molinillo* into the pot, place your hands flat on the sides and rub your hands briskly back and forth, making the *molinillo* spin to froth the *atole*. NOTE: If you do not have a molinillo, you may use a whisk, stirring constantly until the chocolate is completely melted.

Add piloncillo and cinnamon stick or ground cinnamon. Remove cinnamon stick. Serve hot in mugs.