



French Hot Chocolate An Old-Time Classic!

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There is no better way to celebrate the last days of winter and the arrival of spring than tasting French hot chocolate! This favourite drink from the [Fortress of Louisbourg National Historic Site](#) will delight your children's taste buds!

If you have a chance to visit us at the fortress this summer, ask about our chocolate programs. Even better, visit our restaurant to enjoy a taste of the past and sample *Heritage* hot chocolate.



Did you know? The consumption of chocolate spread from the aristocracy in Spain to the French court in the 17th century, so it was still a new food at the beginning of the 18th century. The Basque Region in southwestern France was an early centre for chocolate processing, and as many merchants at Louisbourg came from this region, chocolate was often available at the fortress. However, chocolate was expensive and reserved for the elite. In the 18th century, chocolate was usually served as a drink at breakfast!



Ingredients

- 1 oz | 30 g good quality chocolate bars or ground chocolate
- 1 cup | 250 ml water or milk
- 1 tsp | 5 g sugar
- Spices and flavourings to taste (cinnamon, nutmeg, cloves, vanilla, orange flower water)
- 1 egg yolk (optional)

Instructions

1. Heat the liquid, and if using milk, don't let it boil.
2. Grate the chocolate if it is not ground and melt it into the liquid.
3. If you are adding an egg yolk, beat it first with a small amount of the warm liquid then add the mixture to the pot and beat it in.
4. Add sugar and a combination of spices to taste.

For best results prepare the chocolate drink and refrigerate overnight. Reheat, whipping or frothing the chocolate as it heats. You can also try this recipe with many different types of chocolate to create your family favourite.

This activity is part of Club Parka, a Parks Canada program for preschoolers offered at national parks and historic sites across the country. Kids can take part in the program online too. Visit parkscanada.gc.ca/Parka to get to know Parka, the busy little beaver who helps kids explore the world around them.

For more Parka fun, try her other activities, download her mobile app or sing along to her song! And don't forget to watch her videos!

For more heritage inspired recipes, visit the Parks Canada Heritage Gourmet page at pc.gc.ca/en/culture/gourmand-gourmet.

