



# French Hot Chocolate

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## INGREDIENTS

2 cups whole milk  
2 ounces semisweet chocolate,  
chopped  
tiny pinch of salt  
¼ teaspoon freshly grated  
nutmeg (optional)

## DIRECTIONS

- Warm the milk in a small saucepan over low heat just until it starts to bubble around the edges.
- Add the chocolate, salt, and nutmeg, if using, and stir until the chocolate is melted.
- Using a whisk (or a hand mixer or stick blender if you want to be modern), whip the chocolate till frothy.
- Serve in small cups, with the foam on top.

*'Oh, dear, no! We must have cold tongue and chicken, French chocolate and ice cream, besides. The girls are used to such things, and I want my lunch to be proper and elegant, though I do work for my living.'* (p.361)