



# ORANGE CARDAMOM HOT CHOCOLATE

4 cups milk (whole milk will make it more creamy)  
1 cup of good quality semi-sweet chocolate (or more!)  
1 orange (you will only use the rind)  
Approx. 10 cardamom pods  
Powdered cardamom (optional)

- Use a vegetable peeler and remove the peel from one orange, taking care to get as little of the white as possible.
  - On a cutting board, take a large knife and crack each cardamom pod individually. To do this you will lay the knife flat on top of the pod (blade away from you) and give it a whack with the heel of your hand. The pod will crack but should remain intact.
  - Add your milk to a saucepan. Add the orange peel from about half the orange (This is personal preference. Use more for a more pronounced flavor) and cardamom pods (Again, use more for more flavor).
  - Bring to a boil over medium heat, stir often so the milk doesn't burn on the bottom.
  - Remove from heat and strain. I used a slotted spoon since most of the pieces were on the larger side.
  - Add chocolate and stir to melt. You may need to return the pan to heat to help the chocolate melt.
  - Ladle in to a mug and top with a sprinkling of powdered cardamom (optional but the smell is amazing when you do this) and one piece of orange peel.
- Serves 3-4 mugs depending on the size mug used.



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