

Atole

Ingredients

Atole Base:

3 cups water
¼ cup raw sugar, or more, to taste (such as *piloncillo*)
1 stick cinnamon
¼ cup corn flour for *masa* (such as Maseca™ or PAN™)

Berry flavoured:

2 cups fresh or frozen berries (most traditionally strawberries, any other, or a mix)
1 cup water (or milk)

More sugar, to taste

Chocolate flavoured (also called “Atole Champurrado” or “Champurrado”):

2 cups water (or milk)
3 oz (around 100 g) chocolate (Mexican chocolate, or baking dark or semisweet)

Atole base:

Mix corn flour and 1 cup of water at room temperature, stirring with a fork or a beater until smooth; reserve. Bring the other two cups of water, ¼ cup sugar and cinnamon stick to a boil in a pan over high heat, stirring until the sugar has dissolved completely. Slowly add the reserved corn slurry, stirring. Bring to boil again, then lower heat to medium. Continue cooking and stirring constantly to avoid burning the bottom, for about ten minutes. Taste, adjusting sweetness with more sugar, if needed; continue cooking and stirring, until the *atole* is thick but still runny enough to pour, and with no trace of raw flour taste; remove cinnamon. This base may be used to prepare flavoured *atoles*, or served as it is; it is sometimes called *atole blanco* - white *atole*. Serve hot (photo, left).

For berry flavoured *atole*:

Prepare *atole* base as above. Process fruit and water (or milk) in a blender until smooth. Add to the simmering *atole* base, straining through a mesh to remove seeds. Continue stirring and bring back to boil. Reduce heat and simmer for one minute; taste, and adjust sweetness with raw sugar, to taste. Continue cooking and stirring for one more minute. Serve hot (photo, centre).

For chocolate flavoured *atole* (*champurrado*):

Prepare *atole* base as above. Add water (or milk) and chocolate, stirring to dissolve. Bring to a boil, then reduce heat and cook for one more minute, stirring vigorously until frothy. Serve hot (photo, right).

