



THE LAB

Eight pages of things to make and do

DID YOU KNOW?
The first chocolate drinks were made thousands of years ago by the Maya, a civilisation in central America.



Make hot chocolate bombs

Wow your friends and family with these beautiful – and delicious – winter treats.

What you need

- 200g chocolate, broken into chunks
- 6 tsp hot-chocolate powder
- Mini marshmallows
- Decorations, such as sprinkles or edible glitter spray
- Hot milk, to serve
- Heatproof glass bowl
- Spoon
- Pan
- Pastry brush
- 12 half-sphere silicone moulds
- Baking paper
- Frying pan
- Mugs

Instructions

- 1** Stir the chocolate in a glass bowl over a pan of simmering water. Use a pastry brush to brush the melted chocolate into the moulds.
- 2** Turn the moulds upside down on baking paper to let the excess drip out. Refrigerate for an hour.
- 3** Brush the rest of the chocolate into the moulds, and repeat step two. This time, refrigerate overnight.
- 4** Once set, take the chocolate out of the moulds. Fill six half-spheres with 1 tsp each of hot-chocolate powder and marshmallows.
- 5** With a grown-up, heat an empty half-sphere in the frying pan for a few seconds. It will soften and should stick onto a half-sphere containing treats. Repeat to make six bombs.
- 6** To serve, add one bomb to a mug, fill with hot milk and stir.



Keep stirring the chocolate as it melts.

How does it work?

These bombs are a fun way of making a warming cup of hot chocolate. However, you need to be on your guard to avoid going wrong. When melting chocolate in a glass bowl, it is best to chop it into small pieces first. This means it melts quicker and more evenly. Make sure that the water doesn't boil. For the best results, keep the water hot and melt the chocolate slowly. Don't cover the bowl, and be sure that the chocolate doesn't come into contact with water or steam. This will cause it to clump together in a process called "seizing". The result is a grainy mixture instead of a velvety-smooth paste. The best chocolate to melt is dark chocolate because the higher cocoa content stops the sugar from burning and creates a lovely glossy melted chocolate.

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