

BOWERS  
MUSEUM

*Bringing the World to You*



virtual  
FESTIVALS



The  
Nicholas  
Endowment

[bowers.org](http://bowers.org)

---

January  
Family  
Festival  
Art  
Projects

---



# Cacao Mola art

## materials

Construction Paper, all colors	Scissors	Glue Stick
Pencil	Sheet of Paper	*Black Coloring Pencil

\*Optional



## Background Information

Chocolate has been around for over two thousand years, with the first recordings coming from the Maya people of Mexico. For the Aztecs, 'xocoatl' was not only turned into a drink, but the cacao pods were also used as currency. The Maya and Aztec people drank the chocolate bitter or mixed with spices. It wasn't until the Spanish introduced it to Europe that sweeteners were added.

Mola art: Mola refers to the hand-crafted clothing created by the Kuna people of Panama in Central America. Their textiles are distinguished by bright geometric designs and various layers.



## Procedure

1. On a blank piece of paper, draw the design you want. Keep the design simple, using basic shapes.
2. Decide which color of construction paper you want to be the background and set it aside. The rest of the colors will be cut into smaller pieces depending on the design.
3. Each picture will need at least two layers of construction paper. Choose the colors you will use.
4. Layer both colors on top of each other.
5. Trace the design on the top sheet and cut out.
6. The first color will remain the same, but the second color needs to be cut smaller.
7. Glue together, with the second layer on top of the first layer.
8. Continue tracing and cutting out shapes, with the second and third layers cut slightly smaller.
9. Once all the parts are cut, glue onto the background sheet.
10. The remaining blank spaces also need color. Simple designs, such as rectangles, circles, or waves, will fill in the rest of the artwork. These pieces only need one layer.



Optional:

Molas are sewn artwork. To give it the same look, use the black coloring pencil and add in the stitches.

# 2

## Mexican Chocolate Bombs

### materials

1 or 2 (10-ounce) bags of chocolate chips
Milk
1 tablespoon olive oil
2 tablets of grated Ybarra or La Abuelita Mexican chocolate. Available in the Hispanic foods section of most stores.
Aluminum foil
Pencil and black marker
Small flat paint brush
1 large egg
Small flat microwave-safe plate
Mini marshmallows
Sprinkles

Chocolate bombs are a fun way to make hot chocolate. Bombs are usually filled with cocoa drink powder. However, we have created a Mexican Chocolate bomb by using grated Mexican chocolate. The bomb can be made the easy way with a silicon mold, or you can make your own mold out of aluminum foil. We have written our recipe for those cooks who don't have a mold. The word chocolate comes from the Aztec Nahuatl language's word Xocolatl, (pronounced: sho-coh-lot). In Spanish, chocolate (pronounced cho-coh-lot-teh) is a cognate, meaning that it is alike to the English word chocolate. Chocolate was first imported to Europe from Mexico. In Aztec tradition it was drunk only by nobles and high priests. Today, luckily, it is enjoyed by all.

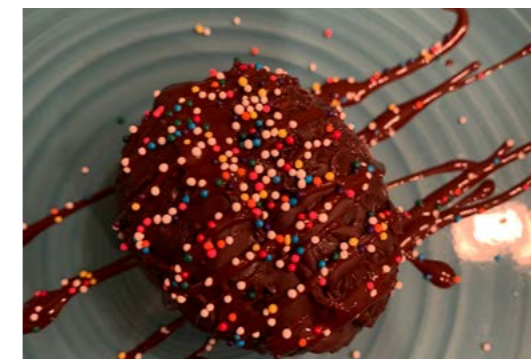


To enjoy, place bomb in a cup filled  $\frac{3}{4}$  with medium hot milk and watch it slowly explode or, drop it into a cup of hot milk and watch it explode more quickly. Warning: drop at close range, unless you want to spend time wiping up a milky mess! Once opened, stir to blend all the chocolaty goodness. For a truly Mexican treat serve with pan dulce, Mexican sweet bread. Enjoy!



## Procedure

1. Cut 4" wide sheet of aluminum foil in half. Use 2 approximately 4'x4 sheets for each mold.
2. Mark egg around center with pencil, then marker – defining two halves.
3. Wrap half of egg with foil folding and gathering extra foil to make a thick, strong rim. Remove and repeat so that there are two molds that will fit together. Make about 12 halves.
4. Grease the molds lightly with olive oil.
5. Place 1/3 bag of chocolate chips in small bowl and microwave for 20 seconds. Stir and heat for another 20 seconds. Repeat until chips are melted and smooth. Do not allow chocolate to overheat.
6. Spoon chocolate into mold and roll the mold around to coat the inside with chocolate. Pour out extra chocolate. Place the coated mold in the freezer for 10 minutes or until a hard shell has formed.
7. Check mold for any thin areas where foil shows through. Use brush to add melted chocolate over any thin areas and to thicken rim of mold. A strong rim is needed.
8. Return to freezer until hard.
9. Remove from freezer and carefully peel foil from chocolate shell. Be careful not to hold shell too long, as the warmth from your hands can begin to melt the shell.
10. Warm a small flat plate in the microwave for 30 seconds. Lightly press rims of shells on warm plate to smooth them out.
11. Fill one half shell with grated Mexican chocolate and the other with mini marshmallows. Cover grated chocolate shell with marshmallow shell.
12. The shell rims should still be soft enough to adhere to each other. Finish sealing with chocolate using a small paint brush. Fill all gaps so that grated chocolate does not leak out.
13. Drizzle with melted chocolate (remember- not too hot) and sprinkle with sprinkles.





For more fun from home, follow us @bowersmuseum

BOWERS  
MUSEUM