

✓ CHOOSING CHOCOLATE



Chocolate factories all use the same basic process to turn cocoa beans into the chocolate that we find in stores:

1. The dried beans arrive at the factory and are inspected and approved.
2. The beans are cleaned, roasted, cracked to remove the nib (the center of the bean that will become chocolate), and ground.
3. The pressure and friction from the grinding process causes the natural fat known as cocoa butter to melt. The newly liquefied nibs are called chocolate liquor. It is then poured into molds and hardens into plain, unsweetened baking chocolate.
4. If it is not packaged to be sold as baking chocolate at this point, the unsweetened chocolate can either be pressed to separate the cocoa powder and cocoa butter, or mixed with extra cocoa butter and other ingredients to make eating chocolate.

The process then varies, depending on the type of chocolate being made.



Check your chocolate knowledge by matching each of the following types of chocolate to the ingredients it contains or the process used to make it.

-  1. Baking Chocolate
-  2. Cocoa Powder
-  3. Chocolate Liquor
-  4. Milk Chocolate
-  5. White Chocolate
-  6. Dutch-Processed Cocoa
-  7. Bittersweet Chocolate
-  8. Semisweet Chocolate

- A. Often referred to as dark chocolate, this has the highest percentage of chocolate liquor and may contain extra cocoa butter.
- B. This substance is created when the nibs of the cacao bean are ground until they liquefy.
- C. This chocolate contains only cocoa butter, plus milk solids, sugar, lecithin (an emulsifier, often made from soy, that makes the ingredients blend together), and flavorings.
- D. This chocolate is treated with an alkali to neutralize its acids; it is often used in recipes that call for baking powder.
- E. This is made when chocolate liquor is pressed to remove most of the cocoa butter and the remaining solids are grated.
- F. The most common type of eating chocolate, this includes at least 12% dry milk solids.
- G. This variety of dark chocolate generally contains between 35-45% chocolate liquor.
- H. Also called unsweetened chocolate, this contains nothing but chocolate liquor.

And, finally, the bonus question:

What is tempering, and when is it important to temper chocolate?

To learn more about the many types of chocolate, visit **The Story of Chocolate** at www.thestoryofchocolate.com.

