

THE STORY OF CHOCOLATE



People have been enjoying chocolate for more than 4,000 years, starting with the Olmecs, Mayans, and Aztecs of Central America. Today, the cocoa beans used to produce chocolate are grown on millions of

family farms in tropical countries around the world.

Cocoa beans are actually the seeds of the fruit of the cacao tree. They grow in a football-shaped fruit called a pod. Cacao farmers remove the seeds, then ferment

and dry them, at which point they are called cocoa beans. When they arrive at the chocolate factory, the cocoa beans are processed to create a substance called chocolate liquor, which is the starting point for all forms of chocolate.



A Chef's Guide to Chocolate

The more you know about chocolate, the more you can do with it in the kitchen. Use this quick guide to boost your chocolate IQ!



Baking Chocolate: This contains nothing but chocolate liquor.

Bittersweet Chocolate: The darkest of eating chocolate, bittersweet has the highest percentage of chocolate liquor and may contain extra cocoa butter. Both bittersweet and semisweet chocolate must contain at least 35% chocolate liquor, but bittersweet usually contains at least 50% cacao. Often referred to as *dark chocolate*.

Cacao Content: Cacao content refers to the amount of the chocolate product that is made up, by weight, of the ingredients derived from the cocoa bean—both the chocolate liquor and any extra cocoa butter.



Chocolate Liquor:

The center (nib) of the cocoa bean that has been ground until it liquefies. It contains no alcohol.



Cocoa Beans: These begin as seeds from the pod

of the *Theobroma cacao*, a tree that is native to Latin American tropical forests. It is now grown commercially around the world in tropical rainforests within 20° latitude of the Equator.

Cocoa Butter: The fat of the cocoa bean; this is not a dairy product.

Cocoa Powder: The cocoa solids that remain when most of the cocoa butter is pressed out of the chocolate liquor. Cocoa powder may be natural or Dutch-processed.

Conching: A process of kneading the chocolate paste that affects the final flavor and texture.

Dark Chocolate: Chocolate that contains chocolate liquor, extra cocoa butter, sugar, an emulsifier, and vanilla or other flavorings. Dark chocolate may contain milk fat to soften the texture, but it does not generally have a milky flavor.

Dutch Process (or Dutched): A treatment used during the making of cocoa powder in which nibs are treated



with an alkaline solution to neutralize acidity. This process darkens the color of the cocoa and produces a milder chocolate flavor.

Milk Chocolate: Chocolate that contains at least 10% chocolate liquor by weight, and at least 12% milk solids. This is the most common type of eating chocolate.



Nib: The center (meat) of the cocoa bean. When ground until it liquefies, the nib becomes chocolate liquor.

Organic Chocolate: Chocolate grown without agricultural chemicals that meets U.S. Department of Agriculture organic requirements.

Semisweet Chocolate: Like bittersweet chocolate, semisweet chocolate must contain at least 35% chocolate liquor. Generally, semisweet chocolate contains 35% to 45% chocolate liquor. Like bittersweet chocolate, often referred to as *dark chocolate*.



Tempering: The process of preparing chocolate that involves heating, cooling, and reheating that is used to prepare chocolate for coating and dipping. It affects the way the cocoa butter crystals form, and it determines how hard, shiny, and glossy the chocolate will be.

White Chocolate:

Chocolate that contains at least 20% cocoa butter, 14% milk solids, and no more than 55% sugar. It contains no cocoa powder or chocolate liquor.



Learn more about chocolate at www.thestoryofchocolate.com.



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