

# Making Chocolate

Theobroma cacao



Image: <http://www.plantmanagementnetwork.org/pub/php/review/cacao/>  
Image: <http://askville.amazon.com/grow-cocoa-chocolate-plants/AnswerViewer.do?requestId=1267051>

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# Cacao Pods

Content



Image: <http://www.fairchildgarden.org/living/collections/tropicalfruitprogram/jackfruit/cacao/>

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# Cacao Growing

Requires specific climate  
Within ~20° of the equator



Image: <http://www.sfu.ca/geog351fa03/groups-webpages/gp8/prod/prod.html>

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# Cacao Growing

Requires specific climate, within ~20° of the equator



Image: <http://www.barry-callebaut.com/1897>

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# Cacao

“Beans” removed  
Very bitter  
Fermented  
Sugars → acids  
Flavor develops  
Dried (sun) ~1 week  
Bagged & shipped



Image: <http://hmrighit-blog.com/2011/12/12/le-comunidad-cofen-part-4/>



Image: [http://article.wn.com/view/2010/06/15/Lindts\\_NH\\_chocolate\\_plant\\_grows\\_to\\_process\\_cocoa/](http://article.wn.com/view/2010/06/15/Lindts_NH_chocolate_plant_grows_to_process_cocoa/)

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# Beans to Chocolate

<http://www.youtube.com/watch?v=cPAn4flcvBI>

Crushing/winnowing  
Roasting  
Grinding/“conching”  
Mixing/pressing



Image: <http://library.thinkquest.org/08aug/01181/cacao.html>



Image: <http://www.cacao-beans.com/>



Image: <http://madrelablog.com/2012/10/15/chocolate-concovery-study-says-chocolate-wont-letten-you-up/>

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## Chocolate Composition

Proteins (10+%)  
Fiber (10+%)  
Cacao Butter (50+%)  
Sugars (1%)



Image: <http://joyremandocave.blogspot.com/2011/06/iskolati-ni.html>

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## Types of Chocolate

*Plant types:*

Criollo  
Delicate flavors, floral  
Forastero  
More robust  
Trinitario  
Hybrid of Criollo & Forastero



Image: <http://www.yourdictionary.com/chocolate>

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## Types of Chocolate

Products, legal definitions  
Unsweetened  
Bittersweet  
Sweet (dark)  
Milk  
White  
{p.704, McGee}



Image: <http://en.wikipedia.org/wiki/Chocolate>

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## Cocoa Powder

Residue after butter is removed  
“Dutched” = Treated w/base to make  
more water soluble



Image: <http://cocoaandfig.blogspot.com/2009/02/cocoa-powder.html>

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## Storing Chocolate

Temperature is critical! Below 70°F  
Tempering {p.702, McGee}  
Gives chocolate proper texture  
“Bloom”  
Fat melting out of chocolate  
Crystallizes on surface  
Looks dusty



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## Cooking with Chocolate

Melting  
Careful heating  
“breaking” or “seizing”  
Savory dishes



Image: <http://www.marketplace.org/topics/business/british-chocolate-maker-offers-sweet-deal>

<http://www.poongireastwell.com/2010/10/project-food-blog-3-for-love-of.html>

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# Tasting Chocolate

Let it melt in your mouth

Brings out flavors/aromas

Feel the fats melt

Smooth/Gritty texture



Image: <http://abcnews.go.com/blog/lifestyle/2011/10/its-national-chocolate-day/>

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# Chocolate flavors

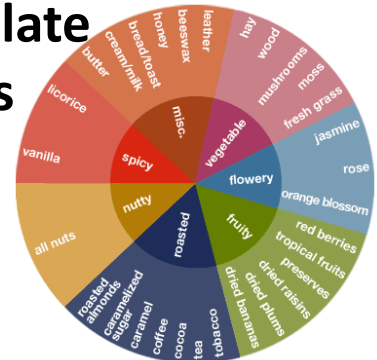


Image: [http://www.allchocolate.com/enjoying/intro\\_to\\_chocolate/chocolate\\_notes.aspx](http://www.allchocolate.com/enjoying/intro_to_chocolate/chocolate_notes.aspx)

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# Tasting Notes

Observe, observe, observe!

Use all your senses

Appearance

Aroma

Mouth feel

Flavor

Finish

Overall Impressions

Palate cleansing

[www.allchocolate.com](http://www.allchocolate.com)

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