

From Last Time:

Terpenes

(R)-carvone (spearmint)

(S)-carvone (caraway)

Phenolics

Pungents

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Making Chocolate

Theobroma cacao

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Cacao Pods

Content

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Cacao Growing

Requires specific climate
Within ~20° of the equator

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Cacao Growing

Requires specific climate, within ~20° of the equator

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Cacao

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

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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-conching-study-says-chocolate-wont-fatten-you-uf/>

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Chocolate Composition

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



Image: <http://joyremandocraive.blogspot.com/2011/06/isokolati-nl.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.poorgirlsateswell.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

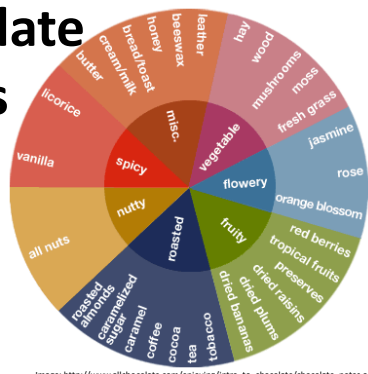


Image: http://www.allchocolate.com/enjoying/intro_to_chocolate/chocolate_notes.aspx

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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

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Tasting Notes

How does the chocolate feel on the tongue?

Is it smooth, thin, creamy, uniform, grainy, uneven?

Does it melt evenly?

How complex are the flavors?

Initial? Develop? Lingering?

How intense/strong are the flavors?

Are there multiple flavors?

How bitter/astringent are the flavors?

www.allchocolate.com

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