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# Chocolates

## UNIT 10





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## 10.1. Basic Information About Chocolate

Although the preferences for chocolate types vary, it is undeniable that it is a food that is greatly loved and consumed all over the world. Dark, milk and white chocolate are the most well-known types. Dark chocolate is the chocolate that contains the most cocoa solids in its structure. As the amount of cocoa solids in chocolate increases, the quality of the chocolate increases. The components of the cocoa bean other than water and the shell are called “cocoa dry matter”. Little or no sugar is added to dark chocolate during production. Milk chocolate is the most popular chocolate, and sugar, milk or milk powder is used in its production. In white chocolate, there is no cocoa solid, only cocoa butter and vanilla and sugar are added according to the intended use of the product.

Although chocolate preferences are completely personal, consumers often decide by looking at the appearance and brightness of the chocolate. The appearance of a good quality chocolate should be shiny and smooth. So as to store chocolate for a long time, it is necessary to provide suitable conditions. If the chocolate is stored at high temperatures, its appearance will change because the cocoa butter in it melts and rises to the surface. This deterioration will create a dusty and dull appearance on the chocolate. If the chocolate is stored in a humid environment, water will collect on it in the form of a thin layer. Chocolate should be stored in closed boxes in a moisture-free environment at approximately 16-20 °C, away from direct sunlight.

## 10.2. Production Process of Chocolate

It is known that the cocoa plant was first cultivated by the Mayans, around 1000 BC. In 600 AD, Migrations of the Mayas from Central America to the northern regions of South America made them stand out as the first major cocoa growers in the Yucatan. Cocoa beans were





sometimes used as a shopping tool in their historical journey, and sometimes they turned into a tax that the tribes had to pay.

In the 1500s, thanks to the last expedition of Christopher Columbus, chocolate began to be produced by machine with the Industrial Revolution in Europe, which met with cocoa beans. During this period, chocolate was still consumed as a liquid beverage. Conrad Van Houten, a Dutch chemist, obtained cocoa butter in 1828, which also allowed the production of cocoa powder. In 1848, the first edible chocolate is obtained by adding cocoa butter and sugar to the production process by Conrad Van Houten. In 1875, Daniel Peter and Henri Nestle combined milk powder and chocolate to obtain the first milk chocolate.

#### Chocolate Production Stages

- Preparation of raw material
- Mixing up
- Pre-grinding
- Grinding (thinning)
- Conching (refining)
- Pumping (delivering to settling tanks)
- Resting
- Tempering (crystallization process)
- Moulding process

#### Why Does Chocolate Go Bad?

- It may have come into contact with water or air.
- Chocolate may have come into contact with products with a strong smell.
- The storage period or expiry date may have been exceeded.

