

Chocolate



In 1519, Hernan Cortes arrived in Mexico and discovered the edible quality of cocoa, which is the main ingredient of chocolate, one of the most common foods found across the world today.

ORIGINS

Cocoa can be found in both the Amazon Rainforest and Mexico. The Aztecs used to eat cocoa, while its seeds were used as coins.



COCOA PLANTATION

Ideal conditions:

TEMPERATURE
Between 25 and 27 °C

ANNUAL RAINFALL
Warms lowland areas 1,500 - 2,500 mm
Cooling higher areas 1,200 - 1,500 mm

GROUND
Fertile, deep, clay loam. Topographically studied on a regular basis.

LEADING COCOA-PRODUCING NATIONS

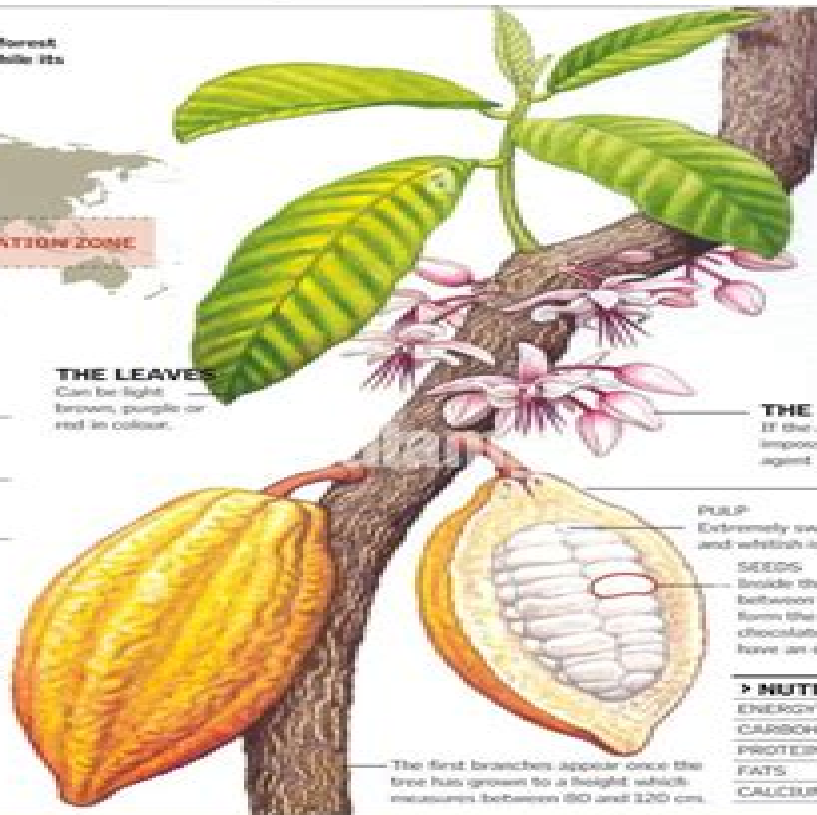
Figures from 2022. 1 unit = 1 thousand tonnes

Global Production Total 3 215

IVORY COAST	1 320
GHANA	410
INDONESIA	397
NGERIA	380
BRAZIL	250
CAMEROON	176

THE LEAVES

Can be light brown, purple or red in colour.



The first branches appear once the tree has grown to a height which measures between 80 and 120 cm.

THE COCOA TREE

The cocoa tree, whose scientific name is "Theobroma Cacao", belongs to the Sterculiaceae family. It is found in the shadow of much larger trees, since it needs to be covered by between 25 and 30 percent of shade in order to grow.



THE COCOA FLOWER

If the air temperature drops below 23 °C, it is almost impossible for cocoa flowers to grow. Its main pollination agent is a type of midge of the Forcipomyia genus.

THE COCOA BEAN

Known as the pineapple or manaca, cocoa beans appear five years after the tree is planted. Measures 20 cm in length.

PULP

Extremely sweet to taste, and whitish in colour.

SEEDS

Inside the cocoa bean, there are between 20 and 40 seeds which form the main ingredient of chocolate. If eaten raw, these seeds have an extremely bitter flavour.



NUTRITIONAL VALUE

	per 30g of chocolate
ENERGY	16.12 KILOCALORIES
CARBOHYDRATES	87.5 GRAMS
PROTEINS	2.2 GRAMS
FATS	9.3 GRAMS
CALCIUM	86.3 MILEGRAMS

HOW CHOCOLATE IS TRADITIONALLY MADE

1 COLLECTION

The cocoa beans must be gathered when the fruit is ripe.



2 CRUSHING

Using a rolling pin or other type of pole the cocoa beans are crushed and grinded down until they form part of a paste-like substance.



3 MIXING

Sugar and ground spices such as cinnamon and vanilla are added.



4 PUT INTO MOLDS

The well-screened mixture is put into zinc moulds. Once cooled, it is then ready to be put into the appropriate form of packaging.



Over Cacao Gesproken

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