

# Chocolate



## ORIGINS

Chocolate 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 15 and 27 °C

**ANNUAL RAINFALL:**

Warm lowland areas: 1,500 - 2,500 mm  
Cooler/Higher areas: 1,200 - 1,500 mm

**GROUND:**

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

## LEADING COCOA-PRODUCING NATIONS

Figures from 2013. 1 unit = 1 thousand tonnes.

**Global Production Total** 3,235



## HOW CHOCOLATE IS TRADITIONALLY MADE

### 1 COLLECTION

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



### 2 CRUSHING

Using a molten pan or other type of pollin the cocoa beans are crushed and ground down until they form a paste-like substance.



### 3 MIXING

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

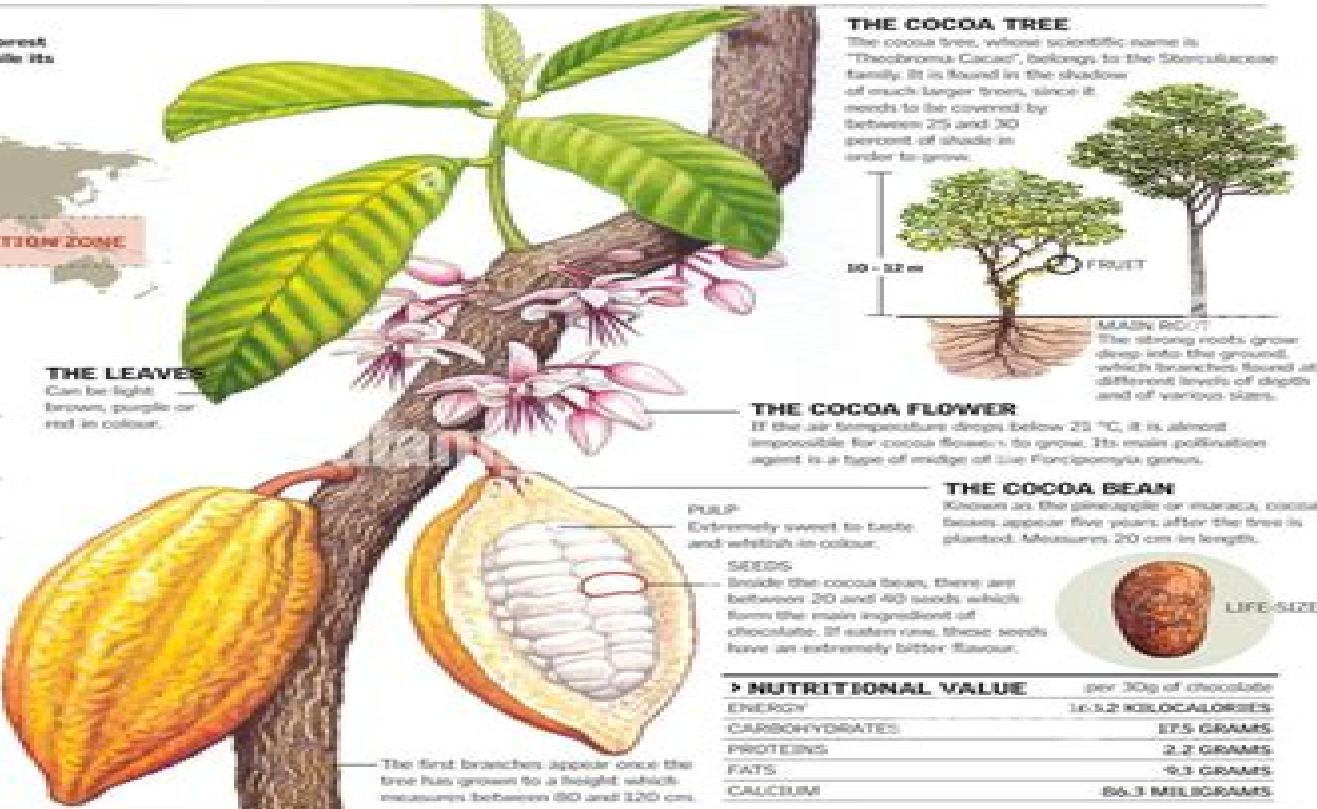


### 4 PUT INTO MOULDS

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



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.



## 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 20 and 30 percent of shade in order to grow.

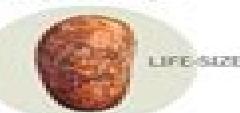


## THE COCOA FLOWER

If the air temperature drops below 25 °C, it is almost impossible for cocoa flowers to grow. The main pollination agent is a type of insect called *Leucophaea* (giant).

## THE COCOA BEAN

Known as the 'pomegranate of insects', cocoa beans appear five years after the tree is planted. Measures 20 cm in length.



## NUTRITIONAL VALUE

	per 100g of chocolate
ENERGY	365.2 KILOCALORIES
CARBOHYDRATES	175.5 GRAMS
PROTEINS	2.2 GRAMS
FATS	19.3 GRAMS
CALCIUM	356.3 MILLIGRAMS

# Over Cacao Gesproken

**Brendan G. Carr**

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Bibliotheca gastronomica Joop Witteveen, Bart Cuperus, 1998    Kookboek voor gezonden en zieken Josef Wiel, 1875  
**Magazijn der nieuwste en meest belangrijke reisbeschrijvingen; een tijdschrift, bevattende eene keur uit de nieuwste ... reisbeschrijvingen**, 1825    Maatschappij-Belangen, 1913    British Guiana Boundary Great Britain, 1898  
*Het gulden Vrouwenboek* Anna Fischer-Dückelmann, 2024-03-25    Nederlands tijdschrift voor geneeskunde, 1883  
**Nederlandsch Koloniaal Centraalblad**, 1894    **Cultuurgids**, 1910    Berichten, 1934    **Nederlandsch tijdschrift voor geneeskunde**, 1883    **Verslag der handelingen der Staten-Generaal** Netherlands. Staten Generaal. Eerste Kamer, 1885    **Verzameling van Konsulaire en andere berigten en verslagen over nijverheid, handel en scheepvaart** Netherlands. Departement van Buitenlandsche Zaken, 1899    **Verslag der handelingen** Netherlands. Staten-Generaal, 1885    **Om werk van jullie te hebben** Rudi Otto Beeldsnijder, 1994 For review see Johannes Postma in New West Indian Guide Nieuwe West Indische Gids vol 71 no 3 p 309 316    British Guiana Boundary: v. 2, 1724-1763; v. 3, 1763-1768; v. 4, 1769-1781; v. 5, 1781-1814; v. 6, 1815-1892; v. 7 [Miscellaneous] Great Britain, 1898    **Verslagen der bedrijven diensten en commissies van Amsterdam**, 1961    **De Economist**, 1893    Verslag der handelingen Netherlands. Staten-Generaal. Tweede Kamer, 1899 Some vols accompanied by supplements    **Cultuur Gids**, 1907

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