

# 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**  
Warm 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

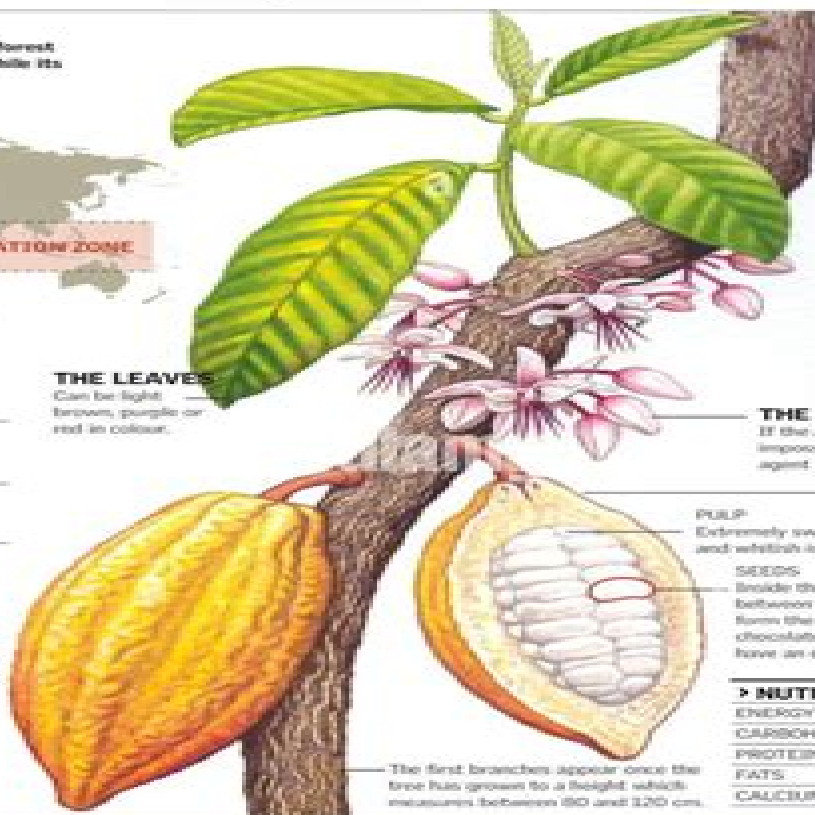
Figures from 2022. 1 unit = 1 thousand tonnes

**Global Production Total** 3 215

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

## THE LEAVES

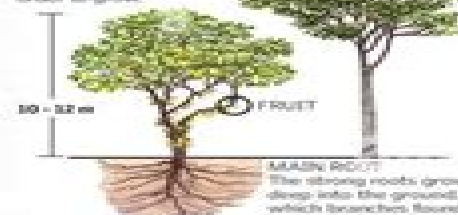
Can be light brown, purple or red in colour.



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.



**MAIN ROOT**  
The strong roots grow deep into the ground, which branches found at different levels of depth and of various sizes.

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



# 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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