

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

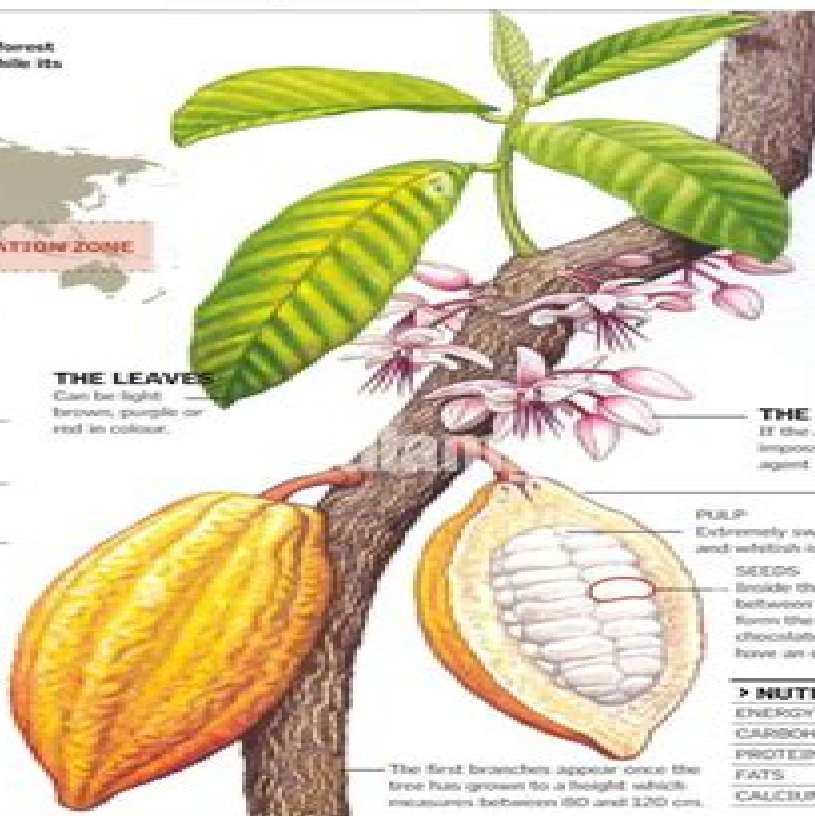
Figures from 2022. 1 unit = 1 thousand tonnes

Global Production Total 3 215

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

THE LEAVES

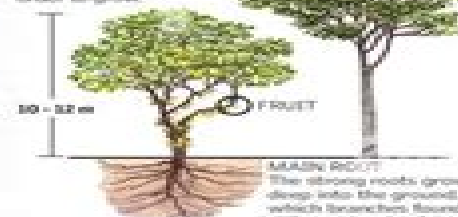
Can be light brown, purple or red in colour.



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.



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 MILLIGRAMS

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

**Netherlands. Departement van
Buitenlandse Zaken**



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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

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Table of Contents Over Cacao Gesproken

1. Understanding the eBook Over Cacao Gesproken
 - The Rise of Digital Reading Over Cacao Gesproken
 - Advantages of eBooks Over Traditional Books
2. Identifying Over Cacao Gesproken
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Over Cacao Gesproken
 - User-Friendly Interface
4. Exploring eBook Recommendations from Over Cacao Gesproken
 - Personalized Recommendations

- Over Cacao Gesproken User Reviews and Ratings
- Over Cacao Gesproken and Bestseller Lists
- 5. Accessing Over Cacao Gesproken Free and Paid eBooks
 - Over Cacao Gesproken Public Domain eBooks
 - Over Cacao Gesproken eBook Subscription Services
 - Over Cacao Gesproken Budget-Friendly Options
- 6. Navigating Over Cacao Gesproken eBook Formats
 - ePub, PDF, MOBI, and More
 - Over Cacao Gesproken Compatibility with Devices
 - Over Cacao Gesproken Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Over Cacao Gesproken
 - Highlighting and Note-Taking Over Cacao Gesproken
 - Interactive Elements Over Cacao Gesproken
- 8. Staying Engaged with Over Cacao Gesproken
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Over Cacao Gesproken
- 9. Balancing eBooks and Physical Books Over Cacao Gesproken
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Over Cacao Gesproken
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Over Cacao Gesproken
 - Setting Reading Goals Over Cacao Gesproken
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Over Cacao Gesproken
 - Fact-Checking eBook Content of Over Cacao Gesproken

- Distinguishing Credible Sources

13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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put the loaf tray on the middle shelf and bake for 25 minutes then lower the oven to 200 c 392 f gas mark 6 and bake for 10 15 minutes more until the crust has a good colour hold the loaf in a tea towel and tap the bottom if it sounds hollow it s

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ingredients 500g 1lb 2oz strong flour 15g ½oz salt 55ml 2fl oz olive oil 20g ¾oz fresh yeast 275ml 9fl oz water how to videos method mix all the ingredients in a large bowl taking care not to put

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meanwhile heat the oven to 230 c 210 c fan 450 f gas 8 and put a roasting tray in the bottom of the oven to heat up step 9
remove the risen loaf from the bag and dust with flour fill the roasting tray with cold water to create steam and put the bread
in the oven bake for 15 minutes then lower the oven to 190 c 170 c fan 375 f gas 5

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