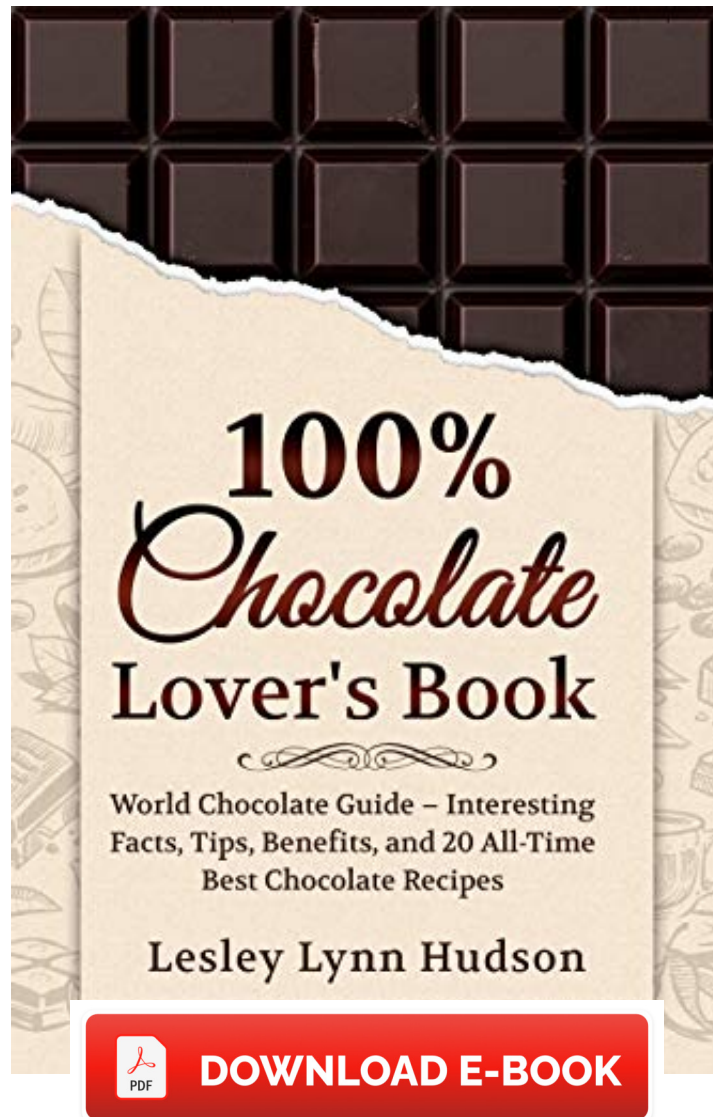


**The book was found**

100% Chocolate Lover's Book: Chocolate  
Guide for Beginners – Interesting Facts About  
Chocolate, Tips, Benefits and Collection of the  
Best Sweet and Easy ... Pastry Recipes  
(DIVINE AROMA BOOKS Book 2)

*by*  
Lesley Lynn Hudson



## Synopsis

' Do you love the taste of chocolate, in a sweet, a cake, or a drink?' Are you always on the lookout for a new chocolate recipe to try?' This book is a chocolate lover's dream! Ever since chocolate was first discovered by the Spanish in the 1500s, it has been enjoyed in a variety of different ways. Of course, the Aztecs were drinking it for thousands of years before this, but it was not until it reached Europe that it really took off in a commercial sense. Now billions the world over enjoy the sweet taste of chocolate every day and in some surprising ways. This book explores chocolate in all its glory and provides chapters that cover things such as: The origins and history of chocolate How to process cocoa beans into chocolate Health benefits and risks of over-indulgence Different types of chocolate Celebrations and traditions from around the world And lots more... There is no doubt that chocolate plays a huge part in our everyday lives and will continue to do so. From a tasty snack, a quick energy boost, or a soothing bedtime drink, it is something that can be enjoyed and savored at any time of the day, whether you are rich or poor. Delve inside this book, dedicated to chocolate lovers the world over, for a tantalising glimpse of you could create for yourself! &e Get the Kindle version for FREE when you purchase the paperback! &e And that's not all: There are also 20 of the all-time best chocolate recipes, all with two systems of measures, metric and American, to make life EASY for you. Each one of the recipes in this book comes with a full-color photograph. Get a copy today and learn the art of chocolate cooking for yourself! PLEASE NOTE Book published in two editions: Tap "See all 3 formats and editions" and select the desired option.

## Look inside the book

100%ChocolateLover's BookLesley Lynn HudsonB ÷ yright 2020 by LESLEY LYNN HUDSON. © All rights reservedAll Rights Reserved. No part of this publication or the information in it may be quoted from or reproduced in any form by means such as printing, scanning, photocopying or otherwise without prior written permission of the copyright holder.Disclaimer and Terms of Use: Effort has been made to ensure that the information in this book is accurate and complete, however, the author and the publisher do not warrant the accuracy of the information, text, and graphics contained within the book due to the rapidly changing nature of science, research, known and unknown facts and the internet.The Author and the publisher do not hold any responsibility for errors, omissions or contrary interpretation of the subject matter herein.Printed in the United States of America9798640980783First Printing: April 2020LesleyLynnHudson@gmail.comClick here to goTable of ContentsINTRODUCTIONCOCOA BEANS DESCRIPTIONCocoa Beans — What Are They? Origin and Benefits of Cocoa BeansThe Chocolate ThreatsHistory of ChocolateThe Birth of ChocolatePROCESSING BEAN INTO CHOCOLATEConching and RefiningChocolate TemperingHEALTH BENEFITS OF CHOCOLATEHEALTH RISKS OF CHOCOLATECHOCOLATE CATEGORIESDark ChocolateMilk ChocolateWhite ChocolateBaking ChocolateBittersweet ChocolateCacao and Percentage CacaoChocolate Flavor CoatingFine ChocolateCompound ChocolateRuby ChocolateModeling ChocolateMatcha ChocolateAerated ChocolateCHOCOLATE CELEBRATIONS DAY ACROSS THE WORLD AND THE UNITED STATES OF AMERICAAmazing Chocolate Facts.Worlds Most Expensive ChocolatesCHOCOLATE TRADITIONS ACROSS THE WORLDSwiss ChocolateBelgian ChocolateRussian ChocolateAmerican ChocolateItalian ChocolateSpanish ChocolateGerman ChocolateTIPS FOR STORING CHOCOLATES20 ALL-TIME BEST CHOCOLATE RECIPESChili Hot ChocolateThe Ultimate Chocolate RouladeWhite Chocolate Dessert with Candied Lemon ZestBlack Forest GateauCaffè MochaChocolate PuddingSea Salted CaramelChocolate and Orange SouffléChocolate Guinness CakeChocolate Ice CreamChocolate CakesChocolate Berry Bread and Butter PuddingPear and Chocolate CakeSaint Emilion au ChocolatChocolate MousseBoulangerie Pain Au ChocolatBest Ever Chocolate BrownieDark Chocolate Discs with Nuts and Candied PeelDouble Chocolate Rice CookiesChocolate LamingtonsGIFTThis book contains a lot of vital information about chocolate. The concepts and process listed inside this book will give you the ability to understand and adequately prepare different types of chocolate, its health benefits, its disadvantages to the health, the chocolate history and origination, traditions in different countries, tempering chocolate, and fine chocolates.“Make a list of important things to do today. At the top of your list, put eat chocolate. Now, you'll get at least one thing done today.” Gina HayesThe way to a woman's heart is through truth and trust. Well, all except mine. Mine is through chocolate. Taylor E. Bennet“All you need is love. But a little chocolate now and then doesn't hurt.” Charles M. Schulz(an American cartoonist and creatorof the comic strip Peanuts)“Life is like chocolate: you should enjoy it piece for piece and let it slowly melt on your tongue.” Nina SandmannA man found a magic lamp on the beach. He rubbed it and out popped a genie, who gave the man three wishes.The man wished for a million dollars, and poof! There were a million dollars.Then he wished for a convertible, and poof! There was a convertible.And then, he wished he could be irresistible to all women.. Poof! He turned into a box of chocolates.INTRODUCTION“The divine drink, which builds up resistance and fights fatigue. A cup of this precious drink (cocoa) permits a man to walk for a whole day without

food.” Hernan Cortes(a Spanish conquistadorand explorer (1485 - 1547)With total appreciation, I will have to say that chocolates are my favorite. I am a huge fan. But do you understand what chocolates are? Chocolates are food regularly consumed for delight and which provide lots of healthy compounds. They come in different types of flavors, for any condition or mood. I do not think I am capable of ignoring milky dark chocolates, and I have always cherished its feeling more importantly, when I knew its benefit for the body. But has the thought of why chocolates taste so beautiful ever crossed your mind? Why do people consume over 3 million tons in a single year or why thousands of people cannot resist the chocolate flavor? Oh, well, it because it contains superb ingredients with healthy properties. You also have the benefit of enjoying chocolate in different forms, like in a liquid, paste, or solid. Chocolates do not grow on trees. They come from the cocoa seed. However, if the thought about a sophisticated chocolate treat comes to your mind, you should have long thought about the intense procedure that involves several steps in transforming it from bean to bar. And if you are thinking about the taste of the seed well, sorry to disappoint you, but the seed has a very bitter taste and sometimes does not give any taste of chocolates before it goes through different steps of chemical transformations to get some flavor. You will find the procedures and the answers to all of your questions in this book.

#### COCOA BEANS DESCRIPTION

The glassmakers from the Root Company in Terre Haute, Indiana, came up with the unmistakable silhouette of Coca Cola bottle by inspiration of the plump and rippled shape of the cocoa bean pod.

#### Cocoa Beans — What Are They?

The delicious chocolates that you find in virtually every store across the world, and in few other items like maize and some incredible Hispanic drinks, were not made out of flour but instead manufactured from seeds called cocoa beans. The most crucial ingredient in making chocolate is the cocoa beans, and there is no chocolate without the bean. When the bean goes through processing, it provides liquor or fluid paste, which is utilized to produce chocolate and cocoa powder.

#### Consumers purchase chocolates in solid bars, packaged cocoa, candy bars, and baking chocolate form, with cocoa beans being the major ingredient used. The cocoa bean is also the seed used in producing chocolates, cakes, and cookies, as well as ice creams, although it needs to go through processing. Cocoa beans have a naturally bitter taste until they go through lots of processes with several additions.

#### Origin and Benefits of Cocoa Beans

“I don't really need a personal trainer or watch what I eat. I can't start the day without a hot chocolate or finish it without a few squares of dark chocolate. It's good for my mood!” Blake Lively (an American actress)

Let me take you deep into the origination of cocoa beans. The cocoa bean is the *Theobroma cacao* (cacao tree) seed. The tree is a tropical plant that is native to the Americas, although cocoa beans grow in Asia, Africa and, South and Central America. The seed germinates in warm, shady, and moist climates. They are the seed that you can use to manufacture chocolates and several products like cakes, cookies, and so on.

The cocoa beans have several types of benefits, and each bean contains serotonin, dopamine, and phenylethylamine, which all enhance the mood and mental health. Cocoa contains several strong antioxidants. They contain much more than some foods. People who consume the delicious treat a lot have a slim chance of heart disease. The bean is the best antioxidants source that safeguards the body cells from damage and minimizes different types of cancer risks. It contains more antioxidants than red wine and green tea combined, and antioxidants also help regulate the body cholesterol levels. The bean also contains polyphenols, which are best for the body's cardiovascular system. They are very beneficial to the heart as they improves heart health, increase the strength of the heart, and also reduce blood pressure. Cocoa beans can also minimize the risk of heart disease, diabetes, and stroke. When it comes to anxiety, the cocoa beans can help reduce it and enhance alertness. The

Chocolate Threats Chocolates have the best and most delicious flavor and taste in the world and remain the most famous candy in the world as a whole. I have not met a soul who has a distaste for chocolates, and it offers a lot of benefits to the body and the health in general. Chocolate is a fantastic delicacy that should be experienced by all. You reading this book are a testament to that, but what if this delicacy could one day go extinct? Well, according to scientists, such a scenario could occur. Merely writing that statement gave me shivers down my spine, but I am sure that wouldn't be the case. Now that I have stated some alarming news, one can't help but wonder why chocolates could vanish off the face of the Earth. Well, cocoa seeds are the essential ingredient in chocolate production, found on the cocoa tree, and this tree needs the perfect habitat for it to germinate properly. The cocoa tree prefers to grow in well-drained, wet, and fertile soil. I guess the tree knows how important it is to humanity and prides itself as such. Well, its decision to require those certain environmental qualities for it to grow exposes it to several threats from fungi and pests infections. The tree also needs humidity and heat and climate change studies show the crop will be adversely affected by higher temperatures and increased water evaporation. All of these threats look to paint the same picture of numerous blights in history such as the Irish Potato Famine, and Great French Blight of the 19th Century. Well, they overcame those, so we need not go stocking our homes with a lifetime's worth of chocolate to guarantee that we experience this precious delicacy without end, but rather relax as scientists are at work to ensure that the cocoa tree going extinct is never the case.

History of Chocolate "Fruit of all the kinds that the country produced were laid before him; he ate very little, but from time to time a liquor prepared from cocoa, and of an aphrodisiac nature, as we were told, was presented to him in golden cups. I observed a number of jars, above fifty, brought in, filled with foaming chocolate. of which he took some." Bernal Diaz del Castillo describing emperor Montezuma

Chocolate is divine. The drink of the gods, as some will call it, is universal medicine. If you ever visit my house or find your way into my office, there you will find a box of chocolate on my table. I cannot resist the flavor for a day. Chocolate was known as a drink for a lot of centuries, and in some climes in this modern world, it is still regarded as a drink. Unlike coffee from Muslims or tea from Buddhists, chocolate came from the brilliant faith of the ancient Central America and Mexico people and is native to the New World. The first chocolate production was from the natives of Central America. They ground and roasted the cocoa tree seeds into a paste. The first type of chocolate was by the people of Mokaya. They are a pre-Olmec community from Guatemala and southern Mexico about 1900 B.C. The Aztecs adopted it, and then the Maya people who used to call the product xocolatl. It means "bitter water." The Mayan people consumed chocolate for pleasure and utilized it for religious purposes. They did not only use it as a sacrifice to the gods, and they believed it was a social focal point, a cultural benchmark, and a sign of prestige. They had a belief in it. The people of Aztec and Maya were religious, and blood was sacred to them, so they believed that consuming chocolates brings life to the drinker. The Aztec kings even utilize it to put their concubines in a romantic or generally good mood, and often associated the cocoa bean to the goddess of fertility. In ancient times, chocolate is an ancient aphrodisiac and medicine. Today, West Africa produces about seventy-five percent of the entire world's chocolate with Ivory Coast, manufacturing about forty-three percent of the global crop. The United States weren't left out from the chocolate merry-go-round as it arrived in Florida on a Spanish ship in 1641. The first American chocolate house opened in Boston in 1682, and by 1773, the cocoa beans needed in the production of chocolate were a significant import good of the American colony as people of various classes enjoyed chocolate. Chocolate was such a commodity consumed by all that even during the Revolutionary War, chocolate was

provided to the military as rations and even sometimes given to soldiers as payment for their services, as opposed to getting paid with money. It doesn't even end there, as chocolate was even provided as rations to soldiers during World War II.

### The Birth of Chocolate

"You know, I live a monastic lifestyle. No, I do. I do live in extremes, basically. I go back and forth. Once every six months, I'll have a day where I eat more chocolate than has ever been consumed by a human being." Jim Carrey (a Canadian-American actor, comedian, writer, and artist)

Chocolates have made thousands of people happy. That's why people call it the happiness drug. It is my happiness drug, too. It contains several chemicals, components, and compounds that enhance the body and brain positively in different ways. There are several ways to get chocolate: one is by purchasing, and another is to get the ingredients and make your chocolate. However, consuming chocolates for pleasure or for whatever reason is totally different from making it. A lot of people can consume chocolate; I only need to unwrap a candy bar every morning in my office and get the fantastic flavor and delicious taste that thousands of people enjoy all over the world, but only a handful of people can actually prepare chocolate.

People hardly give thoughts of making their chocolate a chance because they think the process is a difficult one, mostly in their imaginations. The procedure involved in making a chocolate bar is not a complicated one. You only need to go through different steps, where every step requires a cautious approach and attention to detail to get the best result. There are a few steps to follow for making your chocolate.

### Harvesting

Making chocolate starts with the *Theobroma cacao* tree. Premature pods from the tree results in beans with a low content of sugar and cocoa butter. A healthy cocoa bean naturally contains sugar, which aids the fermentation process, and in turn, provides much of the classic cocoa flavor. After harvesting, the fermentation process begins.

### Fermenting

One of the smooth processes in chocolate manufacturing is the fermentation stage of production, and it involves changing the bitter cocoa taste to a decent flavor precursor. It can start within the first twenty-four to forty-eight hours after the pods get opened, and can last up to five to seven days. The cocoa beans do have a bitter and nasty flavor that will strike the tongue in an undesirable manner. The fermentation process is what will transform the bitterness to the more classic cocoa flavor that you positively can identify the sweet and yummy taste. The fermentation process involves the use of bacteria and natural yeast within the cocoa beans. The seeds are kept inside the moisture and heat to ferment for precisely seven days and then dried to avoid mold growth.

### Roasting

After the fermenting and drying process, then the beans go through stages of cleaning to remove dirt like stones, sticks, or other unwanted elements. The purpose of eliminating the dirt is to roast the cocoa beans utilizing the dry roast method. In this process, it goes through regular stirring to make sure the heating goes around and reaches every part of the chocolate. The dry roasting process does not need additional fats or oils, and it keeps the flavor pure. It will create the classic cocoa flavor that you know very well. After the roasting process comes the processing stage.

### Processing

After roasting, the next process is the removal of the bean hull and extraction of the inner nib. The purpose of extracting the nibs is to grind the nibs into a powder that contains cocoa butter and solids. The butter often dissolves from the heat when the nibs go through grinding. This dissolved form of the grounded nibs is what people refer to as cocoa liquor. It then goes into molds, cools off, and is moved in blocks. The blocks are known as baker's chocolate. Also, two products can come from the cocoa liquor, which are cocoa butter and powder. When the processing completes, the blending process begins.

### Blending

Blending the cocoa liquor, butter, powder, and the baking chocolate with several components can produce a good number of products through cocoa. Cocoa liquor blends with additional cocoa butter (for smoothness), milk, and sugar, as well as some vanilla or stabilizers to produce modern flavor and taste. The amount of milk and sugar to the cocoa

develops different degrees of dark and milk chocolate. The particular ratio of ingredients creates different signature recipes. Cocoa butter is also an essential ingredient used while producing a lot of skin products because it contains skin-softening ingredients.

### PROCESSING BEAN INTO CHOCOLATE

“Wherever chocolate is made, chocolate is chocolate. And any month that contains the letter a, e, i, o, or u is the proper time to share it with others.” David Augsburger (an American writer)

### Conching and Refining Chocolates

didn't just come about overnight. It has to go through some precise processes, firstly to find its right flavor and then to decide the mold of the candy. The most basic method of manufacturing new and delicious chocolate includes refining and conching. You cannot make top-quality chocolate without this process because it involves a lot of mixing and grinding. However, there has always been confusion whenever there is a discussion about conching or refining, and I am going to clarify it and give you a better understanding of both vital processes.

### Conching

is a gradual process of mixing ingredients under heat and grinding them continuously at the same time to attain a smooth result. It crushes the level of cocoa and sugar into bits so small that the tongue will find it hard to detect. The longer you keep the chocolate in the conching machine (Chocolate Melanger), the smoother the output. The cheap chocolates spend about around four hours in the conching machine while expensive ones can spend up to three days. During the conching process, several unnecessary and bad-tasting substances will dry out of the chocolate, and the mixing will coat every solid bit with cocoa butter, which will give the chocolate a modernized texture and flavor. Utilize a professional refiner/conching machine that performs both tasks, one after another. The first phase of the machine's time is the stage for refining, after which the conching effect will take place. The heat triggered from the grinding process of the machine heats the chocolate till it gets to the conching temperature, and then the mixing of chocolates and heating will not stop until it produces desirable output.

### Refining

is the last grinding of every bit inside the liquid chocolate together to create an exceptionally smooth texture to the extent that the tongue will not detect any grit. If your mouth and hand have an agreement like mine not to involve the brain when it comes to chocolate, you are in for a wonderful time.

### Chocolate Tempering

“Nine out of ten people like chocolate. The tenth person always lies.” Unknown

### Chocolate

, in all its glorious tastiness, goes through various processes for it to actualize the perfect taste, feel, and look that you know. One such process is called tempering. If you are indeed a chocolate lover, then this term is one you should have come across. Tempering, in basic terms, means refining the chocolate. Well, this refining process results in chocolate having that smooth, glossy, and well-balanced, colorful state that we are well accustomed to when looking at it. The benefits of tempering don't end there. as it is also responsible for the well-accustomed hard snap you experience when biting as well as the crystallization of the cocoa butter present in the chocolate. Along with the importance of tempering, there's the question of how to get it done correctly. Well, the easiest way is by merely getting a tempering machine. These machines would carry out all the necessary heating and cooling of the chocolate to actualize that silky-smooth look when done. Yes, these machines can be a little pricey and more so; where is the fun in that, right? If you love the idea of working with your hands, then below are guidelines you can follow to temper your chocolate correctly.

### Firstly, the types of equipment you'd need.

- Kitchen towels
- Spatula
- Medium-sized pot
- Bowl (preferably metal)
- Thermometer

### Step 1.

Fill the pot with water and heat it until the temperature of the water is about 115-120°F (46-49°C).

### Step 2.

Pour in 2/3 of the chocolate into the bowl (ensure that it is scorched) and place it over the water. Ensure that the water touches a large area of the bowl where the chocolate covers and watch without stirring until about 2/3 of the chocolate melts.

[Download to continue reading...](#)

The Coffee Lover's Book: Essential World Coffee Guide – Interesting Facts, Tips, Benefits and Best Easy Coffee Drinks & Desserts Recipes (DIVINE AROMA BOOKS Book 1), 100% Chocolate Lover's Book: Chocolate Guide for Beginners – Interesting Facts About Chocolate, Tips, Benefits and Collection of the Best Sweet and Easy ... Pastry Recipes (DIVINE AROMA BOOKS Book 2), Candy Recipes Copycat Cookbook: Just Like the Real Thing Only Better (Copycat Cookbooks), Bean-to-Bar Chocolate: America's Craft Chocolate Revolution: The Origins, the Makers, and the Mind-Blowing Flavors, Making Chocolate: From Bean to Bar to S'more: A Cookbook, Chocolate for Beginners: Techniques and Recipes for Making Chocolate Candy, Confections, Cakes and More, Everything Chocolate: A Decadent Collection of Morning Pastries, Nostalgic Sweets, and Showstopping Desserts, The Book of Chocolate: The Amazing Story of the World's Favorite Candy, Renal Diet Cookbook for Beginners: 50 Flavorful Low-Sodium and Low-Potassium Recipes and Expert Guidance for Lifelong Radiant Health. 21-Day Meal Plan Included, Vintage Recipes Vol. 3: Timeless and Memorable Old-Fashioned Recipes from Our Grandmothers (Lost Recipes Vintage Cookbooks Book 5), Easy Banana Cookbook: 50 Delicious Banana Recipes (2nd Edition), Making Artisan Chocolates, COMMERCIAL REAL ESTATE INVESTING FOR BEGINNERS: How is being like a self made investor either looking for a partner to generate passive income in the real ... the "economic crash" (HOME & BUSINESS), The Art and Craft of Chocolate: An Enthusiast's Guide to Selecting, Preparing, and Enjoying Artisan Chocolate at Home, Southern Dessert Cookbook: Over 500 Old Fashioned, Classic & Timeless Desserts (Southern Cooking Recipes), 101 Gourmet Cupcakes in 10 Minutes (101 Gourmet Cookbooks Book 1)

### **What people say about this book**

Montzalee Wittmann, "Informative and full of photos!. 100% Chocolate Lover's Book: Chocolate Guide for Beginners By Lesley Lynn Hudson This book is as detailed and informative as the author's Coffee book! It starts with the history of chocolate, the origins, what it was called and when, how it was prepared and used, the travels of the seeds, the importance of chocolate, and more. It details the benefits and hazards of chocolate, tips on making it, the various types of chocolate and what makes it that kind, what is in each type of chocolate, and more. It describes the various countries and their chocolates with photos. There are brilliant photos throughout this book! There are numerous recipes with photos, some are drinks, some not, all look so delicious! This is a very detailed and informative book on my favorite fruit! Lol! Except it gives me migraines but I get them nearly daily anyway so I might as well enjoy!"

shopsalot, "Good chocolate information.. This book about chocolate was a gift for my 7 year old granddaughter who wants to be a Chocolatier as well as a judge of the Supreme Court, what a gal."

Theresa Bryant, "WOW!!. WOW, what an extraordinary book is it!!! I adore this book to such an extent. Many thanks to the author for giving us such a beautiful book."

Donna K O'Donohoe, "Great gift for chocolate lovers. Great book for chocolate lovers! Recipes are great!"

Cinbarb, "Great Little Book. Includes where it comes from, different processing methods, different types, countries that make really fine chocolates, tempering, & storing & some great recipes. And the book is well written. Increased my knowledge of my favorite food. If you're



curious about chocolate, the history and basic knowledge please read this book.”

Heaven Jaxson, “Great book for beginners!. Love this! Wanted to learn to work with chocolate, this book describes in easy Step by step instruction, and gives the beginner detail in how chocolate ‘ behaves’ in different conditions. Really helpful in preventing stupid costly mistakes!”

The book by Lesley Lynn Hudson has a rating of 5 out of 4.1. 22 people have provided feedback.

Title Page Table of Contents INTRODUCTION COCOA BEANS DESCRIPTION PROCESSING BEAN INTO CHOCOLATE HEALTH BENEFITS OF CHOCOLATE HEALTH RISKS OF CHOCOLATE CHOCOLATE CATEGORIES CHOCOLATE CELEBRATIONS DAY ACROSS THE WORLD AND THE UNITED STATES OF AMERICA CHOCOLATE TRADITIONS ACROSS THE WORLD TIPS FOR STORING CHOCOLATES 20 ALL-TIME BEST CHOCOLATE RECIPES Chili Hot Chocolate The Ultimate Chocolate Roulade White Chocolate Dessert with Candied Lemon Zest Black Forest Gateau Caffè Mocha Chocolate Pudding Sea Salted Caramel Chocolate and Orange Soufflé Chocolate Guinness Cake Chocolate Ice Cream Chocolate Cakes Chocolate Berry Bread and Butter Pudding Pear and Chocolate Cake Saint Emilion au Chocolat Chocolate Mousse Boulangerie Pain Au Chocolat Best Ever Chocolate Brownie Dark Chocolate Discs with Nuts and Candied Peel Double Chocolate Rice Cookies Chocolate Lamingtons DIVINE AROMA BOOK SERIES GIFT

## **Book Information**

Language: English

File size: 4477 KB

Text-to-Speech: Enabled

Screen Reader: Supported

Enhanced typesetting: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Print length: 128 pages

Lending: Enabled

Simultaneous device usage: Unlimited

[DMCA](#)