

# How chocolate is made

## Introduction

Chocolate is popular all over the world because it's very tasty. Chocolate is mostly grown on trees in Africa, it's been around for millions of years

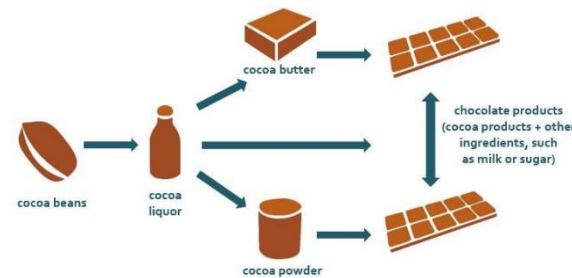
## 7 Steps

1. Chocolate begins with the cocoa tree
2. Then people harvest them from trees
3. Next beans are cleaned by hand, with the *baba* left on to help develop flavour. Exposed to light, the cream-colored beans turn a purplish colour.
4. After this fermented beans must be carefully dried. They are placed either on wooden boards or bamboo mats for anywhere from 7 to 14 days under the hot sun and are continually raked and turned over for consistent drying.
5. Once received by the processor, beans may be blended with other origins and estates for desired characteristics (or kept separate as "single-origin chocolate").
6. Or, cocoa mass can simply be added with more cocoa butter and sweetener to make chocolate. The first steps are to mix, grind, and knead the various raw ingredients into a paste.
7. "Conching" is a careful process of rolling, kneading, heating, and aeration. After this the chocolate is moulded into all the chocolate.

## Did you know?

It takes 400 **cocoa** beans to make one pound of **chocolate**.  
Each cacao tree produces approximately 2,500 beans.

Research to date supports that **chocolate** can be enjoyed as part of a balanced, heart-healthy diet and lifestyle.



## Glossary

Conching - process that smooths the chocolate.

Ferment - bubble and change chemically by the action of a substance such as yeast.

