

tasting chocolate

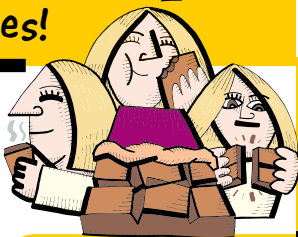
a simple guide

- Select a few chocolates to taste and compare. When choosing bars consider a theme. (Not sure how to decide on a theme? Here are a few suggestions: cacao percentage, bean origin, all one brand, compare several brands, chocolate with inclusions, American-made bean-to-bar companies, European, etc. ... the possibilities are endless!)
- Once you have assembled your assortment of bars, arrange bite size pieces of chocolate from lightest to darkest.
- Have water and bread or crackers on hand to cleanse the palette between chocolates.
- Before you begin tasting, read through the how to taste instructions & peruse the flavor wheel.
- Gather together friends to taste and discuss chocolate.

how to taste chocolate

engage the senses!

Look at the appearance of the bar. Notice the color and composition. For example, does the chocolate look and feel smooth or grainy?



continued on back

engage the senses! (continued)

Listen to the snap by breaking a piece in half. A well tempered dark chocolate will have a clean, clear snapping sound. (Milk chocolates are softer and will have a quieter snap)

Smell the chocolate and take note of the aroma. Keep in mind aroma has a big impact on your sense of taste.

now it is time to taste!

- Take a small piece and place it on your tongue. Chew only a little, then let it melt.
- First analyze the texture — What adjectives come to mind? For example: is it creamy or gritty? Does it melt slowly or quickly?
- Now concentrate on the flavor profile. If you wish, use the flavor wheel to assist you.
- Notice how the flavors and texture evolve over time. Often as you chew chocolate, flavors will occur in waves and will have a beginning, middle, and end.



Continue tasting other chocolates. Compare how flavors and textures differ from bar to bar. Take notes and have fun creating your own favorite pairings with each of the chocolates you chose.

