Types of Chocolate

Dark Chocolate
• Contains
  • chocolate liquor
  • cocoa butter
  • sweetener (sugar)
• The greater the percentage of all chocolate components (between 35-70+%) the stronger the flavor will be
• Dark chocolate can also be called:
  • Bittersweet (at least 50% chocolate liquor)
  • Semi-sweet (usually 35%-45% chocolate liquor)
• Chocolate chips used in cookies and cakes are usually made of semi-sweet chocolate

Milk Chocolate
• Contains the same components as dark chocolate, plus milk powder:
  • at least 10% chocolate liquor
  • at least 12% milk solids
• Milk chocolate has a creamy taste and texture and its brown color is lighter than that of dark chocolate
• There is also a dark milk chocolate that is milk chocolate with up to 42% chocolate liquor

White Chocolate
• Contains:
  • cocoa butter
  • milk
  • sweetener
  • no chocolate liquor
• U.S. standards require white chocolate to be
  • 20% cocoa butter by weight
  • at least 14% total milk solids
  • less than 55% sweeteners

Common words to describe the taste of chocolate
• sweet
• bitter
• smooth
• creamy (milk chocolate)
• healthful (dark chocolate; contains high levels of antioxidants called flavanols)