

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)