

History of Chocolate

Chocolate comes from fermented, roasted, and ground beans of the [Theobroma cacao](#) (cocoa tree). This latin name means "food of the gods". When mixed with water, chili peppers, cornmeal, and other ingredients, this paste made a foamy, spicy chocolate drink.

The first people clearly known to have discovered the secret of cacao were the Mayans in Mexico in Central America called [Mesoamerica](#). The Mayans took the tree from the rainforest and grew it in their backyards, where they harvested, roasted, and ground the seeds into a paste.

By 1400, the [Aztec empire took](#) over a sizeable part of Mesoamerica. The Aztecs traded with Mayans and other people for cacao and often needed that citizens and conquered people pay their TAX tribute in cacao seeds—a form of Aztec money.

The word "**chocolate**" is from Spanish language of the [Aztecs](#), from "chocolatl" means a [bitter](#) drink and came from the word for the frothing stick, "chicoli". The Aztec Indian *Xocoatl* beverage of [maize](#) and **cacao**.

Legend has it that the Aztec king Montezuma welcomed the Spanish explorer Hernando Cortes' with a banquet that included drinking **chocolate**, having tragically mistaken him for a King.

[Christopher Columbus](#) brought some **cocoa** beans to show Ferdinand and Isabella of Spain, but it was Spanish friars who imported it to Europe during the Spanish conquest of the Aztecs. The Europeans added sugar and milk to counteract the bitterness and removed chili pepper, replacing it with another indigenous Mexican spice, [vanilla](#)

In 1689, noted physician and collector [Hans Sloane](#) developed a milk **chocolate** drink in [Jamaica](#) which was later sold to the [Cadbury](#) brothers. When the [Industrial Revolution](#) arrived in the 18th century, mechanical mills were created to squeeze out [cocoa butter](#) which creates hard, durable **chocolate**.

[1851 First in America](#): Queen Victoria's husband, Prince Albert Exposition in London. It was the first time citizens of the United States were introduced to chocolate creams, "boiled sweets".

[Daniel Peter](#), a Swiss candle maker, in 1867, began using milk as an ingredient. He was assisted in removing the water content from the milk by a neighbor baby food manufacturer named [Henri Nestlé](#). [Rodolphe Lindt](#) invented the process called **Conching**, which uses heating, and grinding the chocolate solids very finely to ensure that the liquid is evenly blended. This enabled [Milton Hershey](#) to make **chocolate** even more popular by mass producing affordable **chocolate** bars.

Roughly two-thirds of the world's **cocoa** is produced in Western Africa, half of the total from [Côte d'Ivoire](#). It has been alleged that an estimated 90% of **cocoa** farms have used some form of [slave labor](#). Chocolate manufacturing is a more than 4-billion-dollar industry in the United States.

Scientists have isolated phenylethylamine (PEA) a stimulant found in chocolate in the brain. A miniscule amount of PEA is released raising blood pressure and heart rate.

Eating dark chocolate resulted in low level of Creative protein -lower chance of heart disease.

Chocolate Sword Drill

Chocolate is not mentioned in the Bible, but Chocolate is both Sweet (sugar, milk) and bitter:

Proverbs 27:7

One who is full loathes honey from the comb, but to the hungry even what is bitter tastes sweet.

Isaiah 5:20-21

Woe to those who call evil good, and good evil,
who put darkness for light, and light for darkness,
who put bitter for sweet, and sweet for bitter.

Woe to those who are wise in their own eyes
and clever in their own sight.