



Making Chocolate 101

Tips and Tricks to Make Your Own Homemade Chocolate!

By {your name here}

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Chapter 1 – Why Should You Make Homemade Chocolate?

Most people have never really even thought about making their own homemade chocolate, they just buy chocolate bars or chocolate cookies at the store and don't think twice about it. But people have been making homemade chocolate for hundreds of years. Some people think that homemade chocolate tastes much better than commercial chocolate. And who doesn't love getting a special chocolate treat that was made just for them?

For people that have special medical conditions or dietary challenges that make it unhealthy for them to eat commercial chocolate that is loaded with sugar and fat making homemade chocolate is a good way for them to be able to enjoy having some chocolate without having to worry about the health problems that they would face from eating commercially made chocolate.

People that have severe allergies to things that are often found in commercially made chocolate, like nuts, have to be extremely careful about the types and brands of commercially made chocolate that they eat and many prefer to make homemade chocolate so that they know it's free of any nuts or nut products.

This is a huge concern for people that have diabetes because chocolate can wreak havoc with a diabetic's blood sugar levels. Many doctors recommend that people who suffer from Diabetes give up chocolate all together or only eat sugar free chocolate. Since it can be hard to find sugar free chocolate that is tasty and not expensive making homemade sugar free chocolate is a great alternative for diabetics. If you have a diabetic family member you can make that person feel more at home on holidays or at parties by making special homemade sugar free chocolate that they can eat.

Another reason that you should give homemade chocolate making a try is because it's fun. If you enjoy cooking then you will probably really enjoy the creative process of deciding what type of chocolates to make, the experience of actually making the chocolate, and then of course comes the fun of eating the chocolate. Making homemade chocolate is a great rainy day activity that you can do with the kids to keep them busy and the chocolates that you make are wonderful gifts and party favors for holidays, birthdays, and other occasions.

Making homemade chocolate can also be a lot less expensive than buying commercially made chocolates, especially around holidays like Christmas or Valentine's Day. If you want to have some great gifts that people will really love without spending a fortune then you can make homemade chocolate gifts for people that are unique and personalized and don't cost that much to make. Most people love to get homemade gifts and almost everyone loves chocolate so giving the gift of homemade chocolate is sure to be a hit.

Chapter 2 – Traditional Chocolate Making

Making chocolate the traditional way can be done at home, although it's a lengthy and involved process. If you want to pursue making homemade chocolate as a hobby and it's important to you to make all of your chocolate from scratch you can do that but you'll need some specialized equipment and a lot of time on your hands. Some people really do enjoy making chocolate from scratch, so you should give traditional chocolate making a try to see if it's a hobby that you are interested in pursuing. Using a traditional process to make chocolate home has several steps:

1. Choosing the beans. Chocolate is made from cacao beans so when you first start off making chocolate the traditional way you need to start with some high quality cacao beans. There are suppliers on the Internet that sell different varieties of cacao beans in many different price ranges so if you are looking for whole cacao beans it isn't too hard to find them.

2. Roasting the beans. Cacao beans need to be roasted just like coffee beans. You can roast them at home on a cookie sheet in the oven if you watch them carefully or you can buy a specialized cacao bean roaster for at home use if you're going to pursue traditional candy making as a hobby. The beans are usually roasted for as little as five minutes or as many as 35 minutes depending on the type of bean and the flavor that you want to achieve.

3. Getting the chocolate out. After the beans are roasted you need to crack open the outer shell of the bean to get the chocolate that is inside out. There are several ways to do this at home. You can lay the beans in a single sheet on a counter or on a baking sheet and use a hammer to crack the shells open, then use a blow dryer on a low setting to blow the hulls of the beans away from the chocolate or you can use a juicer to accomplish the same goal. This step can be very messy, so make sure that you have a mop and bucket and lots of clean up supplies standing by.

4. Grinding and Refining the chocolate. Now you need to grind the chocolate down as fine as possible. If you're going to do this at home many expert chocolate makers recommend using a high quality juicer to grind the chocolate. After the chocolate has all been ground as finely as possible you need to add milk, sugar, preservatives, or anything else that you're planning on adding to the chocolate to enhance the flavor. Once everything is mixed with the other ingredients the chocolate will need to be agitated slowly but constantly. This process could take up to 12 hours to get the chocolate to exactly the right consistency. Experts recommend using a stand mixer on a low setting to refine the chocolate.

5. Tempering the chocolate. Once the chocolate has been fully refined it needs to be tempered before you can use it. Tempering chocolate at home can be a very complicated process but if you want to cheat a little and speed up the procedure you

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