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CAMFT - Remote

Everything You Always Wanted To Know About Chocolate But Didn't Think To Ask

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12:30p-1:30p

J.Borynack

>>: Good afternoon everyone and welcome to the virtual experience special event. Everything you always wanted to know about chocolate but didn't think to ask. I'm glad you're here and our thoughts are with those affected by the fires in California and grateful for everything finding ways to help. A big shout out to our sponsors. GEICO, CPH & Associates, and SimplePractice. I want to thank our CAMFT production team. We're also proud to offer live closed captioning for this presentation. Congratulations to our front row seat winners. These audience members won the opportunity by submitting their virtual passport. We have some amazing prizes left. The sooner you submit your passport, the more opportunities you have to win. Be sure to visit the virtual exhibit hall.

A little bit about housekeeping. If you hover your mouse along the bottom of the screen, you'll see the Q & A feature. We'll try to answer all questions due to limited time, not all questions may be answered. The best way to get questions answered is to use the up-vote feature. Today's webinar does not qualify for CE's. Now I would like to introduce Nina Gilbert. Who is a music professor?

She is presented to Elderhostel, university, church, and community organizations covering chocolate in history, science, and culture. Musically, Nina's background ranges from Kenya where she translated Shubert's Mass in G from Swahili -- she is offered NPR commentary and appeared on liberal and conservative talk radio -- In San Diego Nina works a conductor, accompanist and musical consultants and directs musical theater. Welcome Nina!

>>NINA GILBERT: Thank you very much I must admit the most exciting thing about this today is first of all I'm at a big conference second of all, I've never been closed captioned before. I'm looking forward to watching this on the recording. Anyways, chocolate is a hobby of mine but whether I'm using music or using ingredients I'm interested in the source. Whenever I do the lecture, it changes 10% every year. I was a teaching a college where they talk about a math across the curriculum or writing across the curriculum. I said chocolate across the curriculum. When I presented at their reunions, a maybe up a list. Whatever you might have majored at a college, I put history, chemistry, economics, business pharmacology, neuroscience, botany, statistics, conspiracy theory which I realize is not a major -- war and music -- I tried to find some links to marriage and family therapy and of course food and drink. If we were live, I would say who could tell what the things are? They're cocoa pods. I've never done a cocoa plantation before. It's a tasting menu. It's a list of what we're going to learn about today. We're going to talk who in the world eats chocolate.

Is as chocolate sinful had they say? I ate this chocolate, I feel guilty. Is chocolate an aphrodisiac? What sort of research are people doing in chocolate? I don't know in your studies if you learn anything, it may be a relevant concept. Is there a relevant convenience of chocolate and COVID-19. Now that I think about it, I didn't add slides to that. I'll tell you right now in the time of lock down there is no specific relevance. It's not causing or preventing it -- but in the time of COVID-19, with everybody locking down, people have figured out the chocolate sales are up. We're not breathing on each other and maybe not going on dates or worried about keeping our breath fresh. That comfort food is selling. That's answering that question there.

I have several slides on what makes chocolate tastes to chocolaty. What is tempering when you hear about tempering chocolate? I'll mention something called Dutch chocolate. Which is presented as good. I have some landmarks in chocolate present. Past, present, and future. We may have heard about something called Ruby chocolate. What is delicious and what is not? If you have questions about gift ideas, sometimes I joke the chocolate seasons runs from Halloween to Mother's Day.

First let me talk about the tasting kits if you have ordered a tasting kit and it hasn't arrived yet, don't worry. This is not like communion if you're thinking like a Christian church. Let me tell you what you're getting. If you got them, you can eat them at any time including now and you could have eaten them yesterday. It's a chocolate, not a hugely serious thing.

What I like to do when I taste chocolate, we eat the chocolate, sometimes I like to taste it in pairs and I ordered these in pairs. We've got two from the Philippines. If you got the virtual handout, it explains this also. Auro was a new company last year. I like to discover a new company doing well. When they do well then, they continue to get better.

What you have from Auro a 64% bittersweet and a 42% milk. That's a high percentage milk chocolate. Milk chocolate legally has to be 10 or 11%, your basic Hershey bar. From all over the world that's 33%. Anything above 30% is going to be a really intense thing. You got the two Auros. In Columbian you got the -- I love the 17% bittersweet. I think I mentioned in the handout. I chopped that out in the biscotti. It's a

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wonderful chocolate. If you look there is a recipe of page 4 or 5 of our handout when you make a cold chocolate drink. You can melt the chocolate into that. From Ecuador, I put it in the slide show it's manufactured in Ecuador, but you have a bittersweet that's 62% from Peru and a milk 38 from the Dominican Republic. It's fun to compare those. You're tasting the difference between the beans and the milk versus bittersweet. France manufacturing tends to be smooth. There is something called Nyangbo from Ghana it's earthy and complex that's a 68% bittersweet and Ecuador another bittersweet called Alpaco. Just for you, I looked up the etymology and discovered the alpaca comes from a Native American word meaning reddish yellow. Those are lovely, I love the Nyangbo better. Tanzania, we have something from -- if you look at the description it has all the adjectives one of the things we'll come up later that might relate to marriage and family therapy.

You throw in added adjectives and people seem to care about it more. One of the questions people ask is white chocolate really chocolate? If you define chocolate as being chocolate -- if you say it has to include the dark cocoa has part of it, it's not any indication, the best accessible white chocolate. It's called Soie Blanche. If you like white chocolate -- look at your virtual handout there say company called El Rey chocolate that sells something cause Icoa. It tastes like a mix of butter and marshmallows. That's absolutely stunning.

I had a friend who came to a lecture who tasted Icoa and for his wedding I gave him a pound and he said it was the best wedding present ever. Let's keep going. Who eats chocolate? This is measured in pounds of chocolate per person per year. I wondered how do they figure it out it took me years how much chocolate is sold in the country and divided by population. Some -- you take 167 million pounds that's assuming nobody goes to Switzerland and buys chocolate. These are the numbers that came out somewhere. I saw some reference how much chocolate Americans eat. I see this information listed typically in chocolate cookbooks not a good source of scientific information.

Anyway, that's who eats chocolate. So be aware of what I call fake facts. Here is a nonfake fact I discovered while learning about this the Maya and Aztec, they would anoint newborn children with chocolate. Because they felt that liquid chocolate which didn't have any sugar, it's just melted cocoa content it's looked like blood. Meanwhile I was directing a musical production called Heathers. Can you see the arrow moving around? If you know about Heathers, there is a lot of shooting and violence. They made their stage blood by mixing chocolate syrup with red paint.

I thought that was interesting. If you see something that looks too good to be true, it probably is someone who is making it up. Who doesn't eat chocolate? This background picture is almost my only nonchocolate background. Pictures are scans from cookbook. I put something at the bottom what that is.

This is a -- I'll tell the captioner you don't need to worry about spelling that. This is how they colored it and called it a chocolate thing. That's my nonchocolate chocolate picture. They don't eat a lot of chocolate in the Near East or in Central Asia or India or the Far East with the exception of Catholic Missionaries in Philippines, who planted cacao in the Philippines so they can have some.

Now in the just in the last year, I've added the Auro Filipino chocolate. It's special we have this. Our whole tasting kit I know it's unique than I thought. We have these little 50-gram packets which are amazing because they normally shovel them out into full kilo packets and sell them to chefs. I would buy a kilo and pick it up like a buffet. They put the packets together I talked to the owner of Chocosphere and he said he got some criticism it's just as much labor to put together a kilo packet as a 50-gram packet. You're the only ones that get the special packet. These are truly unique and wonderful. If you ordered it and haven't gotten it, it's fabulous. If you haven't ordered it, you're going to order it before October 21st because they make it in batches in 20.

So if you haven't ordered it yet and want it, order it. Chocolate is changing in China. It used to be one chocolate bar a year and two different thing happening in China. 1993 I heard two different stories. Cadbury had plans to open a factor in Beijing -- and British people eat more -- that could be a fake fact there is a company also in Beijing that was a thriving that opened that year. We got some China updates. The big 5 companies from Hershey, Nestle, and a local company called Le Conte.

There is a wonderful story in a book I'm reading called Chocolate Fortunes where there is a story about a shoe salesman who goes to investigate whether -- I forget what country they're considered selling shoes -- he reports there is no market here for shoes. Another salesman reports back there is a huge market here, nobody has shoes yet

One of those approaches is working for China. I don't know which. Meanwhile we want to figure out what is the Chinese word for truffle. I did this at the senior place my mother lives. I ran that through Photoshop and it came out like this. I thought that was fabulous. She said it r it's terrible. We figured out how to get it officially into a font. I think she sent it into a font in Chinese. I used to teach at a boarding school with a lot of international students -- My friends were discussing all this and I loved the fact this is a Facebook discussion.

So anyway, if you're looking for the best chocolate, you're probably not going to find it in China. That's all right. Look at this background. This is from a book called The Art of Chocolate. A woman who wrote this book thinks that everybody can do that. Look at these grapes and the bowl is made out of chocolate. The bowl and grapes, how amazing is that? The art of chocolate and both of these sounds in the name are Z's in case you're trying to sound that. You get the foods with names like sinful chocolate, death by chocolate. Whereas angel food is the absence of chocolate. The only instance I have ever found of someone dying after eating something called death by chocolate is -- I want to be able to find several years later.

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There was a hotel in I think Alaska that served death by chocolate and the issue was there was also pistachios in it and the guy was allergic. Chocolate is not killing people. Although you may be charmed to know one of the other people, I met at the senior residence is a woman who gave me permission to tell this story. It's basically if you're terminally ill, this society helps you figure out how to finish that process in your home. When I first met her over dinner, she said how much chocolate would it take to kill somebody? It was the day I met her. It was interesting which said well the only way to kill somebody with chocolate, the sugar and fat would knock you out before the actual chocolate would. The only way to kill is putting poison in it and there are some historical stories.

If chocolate was a sin, there was a cartoon in the New Yorker, the day before I was doing the lecture that year. Here he is handing down the tablets he said chocolate is okay in moderation. We have the official word from the New Yorker. I love this picture. I use this picture to start the question of is chocolate an aphrodisiac, we have some yes and no. You can find other versions of this chocolate. I recently read something he ate chocolate 50 times a day. This is a fake folk fact. First of all, one of the ways that Montezuma would enjoy food that a servant walk passed with a plate. And Diaz was 80 years old when he wrote this. Spaniards were obsessed -- and look at this again the chocolate filled nife -- here it is. It's not there. Let me just click it. I see it. I'm just going to slide my finger for a second. I'm just going to talk and figure out.

I'll move the slide to the right. This is bizarre. I can do it right on my lap. Here it is. I found it. So no, women I went too far back. Is chocolate an aphrodisiac? He laced pastilles causing an orgy. However this is a logic question if chocolate is the aphrodisiac, it wouldn't have to have anything added to it. But candies in the version of the story, some of these guests are prostitutes where their aphrodisiac would be money. If you have a young person watching with you, when I get to the slightly risqué and nonG-rated and I speak fast enough the young person won't watch you. Look at this picture this say chocolate ruffle from one of my favorite authors. I met here. Anyway this is her book called Cocola. She has written several books. I recommend them. Is all chocolate an aphrodisiac, it's consumed at the end of the evening meal. You might think it's responsible. It induced a state of mild euphoria which might lead to fun. It stimulates the imagination. Then there is my theory which is chocolate can be an aphrodisiac the way diamonds might be an aphrodisiac.

Is chocolate a drug? That's cute that's a chocolate porcupine. The main thing is theobromine, it dilates the blood vessels that's the chemical that is poisonous to dogs. If you're looking at this from the Greek point of view -- Serotonin is produced by your brain -- similar to these mood changing brain chemicals and another fermented food and sausages they all make you happy and anandamide, I'm not sure make marriage and family therapists maybe study pharmacology -- I don't know how to pronounce, it's similar to THC but in such small amounts in order to have any marijuana like effect, you would have to eat 24 pounds of chocolate. That's a lot of chocolate.

Your tasting kits if you got them, that's a pound of chocolate and you have to eat 24 of those and the sugar and fat will knock you out first. There is caffeine that people ask you about. Does it keep you awake? I think it's because of the sugar and fat. You have to eat nearly a pound and you would be high on the sugar first. 8 ounces of coffee runs 150-150 milligrams and a two-ounce chocolate bar has 20 milligrams of caffeine. Not that much caffeine in chocolate. When people say they're chocoholic. What I didn't say you can equal yourself to the Queen, doesn't mean that. He said I want more chocolate. Wanting more chocolate is not a sign of addiction, it's withdrawals. I love this picture by the way.

This is the Lara's chocolate American style. I love her writing. This thing over here it's hard to see it behind the lettering, but this is called chocolate drink. That's recipes.

>>ANNOUNCEMENT: Hello and thank you for calling -- calls from recording.

>>NINA GILBERT: Someone is making a phone call and it's not me. I'm going to keep talking.

>>ANNOUNCEMENT: This will only take a moment.

>>: Can you mute your mic, please?

>>NINA GILBERT: Okay. Am I back? I'm looking at it and it looks like Marlene is still live. Does the machine know that I'm talking? Okay. This thing over. Here it's hard to see behind the lettering. It's called chocolate drink it's on page 5 of your handout. It's the back page whatever the last page of the handout is maybe it's 6. Basically you take a hot chocolate drink and chill it on ice. It's absolutely delicious. Chocolate makes us happy because of the fat and sugar content tent. Once we recognize it makes us happy, we want more chocolate to repeat the experience.

I learned the term hedonic treadmill, I heard about this on a radio show about a year ago, somebody who is doing an experiment where they were trying to figure out if you like something and took it away and gave it back, did it make you like it more?

They called their volunteers into the lab and give them chocolate. They told you group 1 eat as much chocolate you want over the next two weeks, and group 2 eat as much chocolate you want over the two weeks, and group 3 were told to abstain. They were called back and figured out through diagnostic tests who was made happiest by chocolate. It's sense. The group not allowed to have chocolate for two weeks was made happier by the chocolate after two weeks. They used it to figure out having commercial interruptions in a television show makes you enjoy it more. The reason I find it significant is they're using chocolate to understand the proxy. Chocolate makes us happy. It's scientifically proven.

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If you use fake chocolate, it will work as long as in people's minds it is chocolate. The magnesium eases stress. It's considered an antidepressive and PMS relief. I think it's a habit but also the minerals there are individual differences in how people react to chocolate and cultural conditioning. If you think it's a reward or comfort. When I was in the Peace Corps in Kenya, they would give them bedtime cocoa.

Is chocolate a medication? This is a sponge sugar. There is a book called why women need chocolate. 50% of women would choose chocolate over sex. This is not a scientific study. Normally I can look at the audience and look how people are reacting. I see Marlene and the logo. This is more a book that says eat what you want and don't try to diet. Here are two variables in the chocolate/sex and it depends on the chocolate and other factors too. Psychiatrists say some women have a faulty mechanism and will use chocolate to self-medicate after an emotional upset. Who knows? How about nutrition? Isn't this a wonderful picture? Food supplement. This is a chocolate sandwich.

How awesome is that? It's like a grilled cheese sandwich. You read about these compounds. The difference is that middle vowel. They lower risk of heart disease, raising good cholesterol and prevent your blood from clumping. Although, if you're at the age where your doctor says take aspirin, don't substitute chocolate.

It increases blood flow. I say, who knows what this compound is, and some raise their hands and say it's Viagra. My favorite study is someone in Finland gave chocolate to some mothers every day during pregnancy and the babies came out happier and more stress resistant. If you're pregnant, eat chocolate. The issue with all these chemicals is there are so little of them. Two things are going to happen as I say up here. Is the chocolate processed in a way that preserves it's phytochemical? If you look at the ingredients of a dove bar, it's cooked at a higher temperature that these chemicals are volatile. These chemicals are gone.

The chocolates we're getting by the way are minimally processed. If you taste -- chocolate tastes complicated, it's probably minimally processed and more likely to have the good chemicals. The reason they say 70% is a good range for chocolate 70% cacao is because they need to use the best chocolate to make the best cacao to make 70% chocolate because if they're putting in more cacao than that it's so strong you're cooking at it as an ingredient. Doesn't matter how great the original cacao is.

So anyway. So, here in San Diego we have some chocolate experts. I haven't met either of these. The first time I did -- she has done some wonderful lectures like chocolate my favorite vegetable. If you have any chocolate a small portion 5 times a week, you'll weigh 5 to 7 pounds less. Doesn't mean that you're going to lose or keep losing that weight. Attention neutral, there is this guy, I've never met them. If you have a male mouse and want to give it stronger back legs, you can give it this from chocolate. If you're worried about your mouse. You can do that. Headline writers look at these and come up with pictures like this. These are not the scientific studies. I'm not sure -- this looks Photoshopped. Her face is in a different light than the chocolate. You get the idea.

So what is this woman thinking. Anyway in I don't know if you can see what this is over here. This is a wonderful thing. This is how we look in the morning when we reach for our chocolate. So, in 1590 a write is already saying that Spanish women are even more addicted to chocolate than Spanish men. I don't know what the original word in 1590 for addicted were. The Aztecs felt the chocolate was for warriors and they would press it into little bars. A writer named Allan Davidson, I think the same book is a hard cover is one of them is paper book. They associated chocolate with their Mexican wives and concubines and servants. We have chocolate in much literature --

I lived in Boston for a while and they would always applaud. One thing I would like right now -- a nice, nice big Hershey bar, even a little one. There is your Buddhism -- too cold. What I need what, pray for, dying for right now is a Hershey bar with nuts. We were very tired and trudging home. I kept repeating about my Hershey bar. I needed sugar. To think of chocolate and peanuts, it was too much. Even men who write can get excited about chocolate.

Let's talk about what is it that makes chocolate taste so complicated. The whole manufacturing process. First question is where are the beans and where are you growing them? This refers to the genotype where they come from. A lot of chocolate we -- maybe the cheapest is used for bulk chocolate but you get the company putting forastero, it looks fancy.

South America, to Central America, forastero is a foreigner. Today more than 90% of the chocolate we see is African forastero -- it means from Trinidad and a hybrid created after 1727 known depending on how you translate it as a great cocoa blast. I don't know whether it was a disease or a storm. What I think is cool about that it the flavor of our chocolate today is influenced by whatever the event was that happened in 1727. One of the things you can learn from your tasting kits is comparing the different chocolates. There is a promotional issue of cook's illustrated that west African beans taste like coffee. I think beans from Colombia taste like coffee. In Trinidadian taste like fruits --

Each cocoa pod contains 5-50 beans. They're not beans, they're codellians. from the original growing the bean, we get bitterness from the compounds and theobromine. I don't think this chart at all -- but it makes me happy it means people are studying the genotypes. You heard stories that chocolate is going extinct because of global warming. There are smart people using charts like this to keep chocolate alive.

This is fascinating. If you want to know how to find this, email me at [ninagilbert@gmail.com](mailto:ninagilbert@gmail.com) and I'll figure out where I got this chart. Step 2 chocolate is indeed a fermented product. It protects from bacteria by converting sugars to alcohol. It takes 8 days. I'm learning about kombucha. From the fermentation process, -- acids, alcohols and acetic acid which is known as vinegar, be aware there is some short cut

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chocolates that neglects this time intensive step. If it's properly fermented you get the flavor that develops as well as the flavor that comes up during roasting.

Dry the beans. I love this picture sometimes it's called the chocolates dance. It's making it taste better. During the drying process there is a self digesting process that yields almond and dairy and flowery notes. The chemicals -- by the way the other place that you smell that is in old books about the chemical that smells like that is benzaldehyde. There is vanillin, it's also a chemical that exists in chocolate.

There is a company called Scharffer Berger, these are different pages from a wonderful book called the new taste in chocolate. She thinks you can look at the different squares and figure out what the different chocolates are. Chocolates from different places taste like different things. Where you ship them from affects the flavor. This is Scharffer Berger, I got this from someone's blog. I haven't been able to reach her. The blog doesn't exist any more. I've done this tour also. Scharffer Berger, I don't know if they're still in the Bay Area. They moved to Illinois, they would give you a tour and give you hair nets.

Grinding and refining the beans. I forgot, the for the roasting -- early politically correct chocolate tasted like card board because they would overroast it. Now the politically correct companies are getting better at it.

Next grinding and refining the beans. This is why I specify where the beans are processed in the chocolate we taste. In France they do the grinding process for 3 days and it makes it extra smooth. At this point, they also add sugar and vanilla and add milk solids which will sometimes give it notes of caramel, butterscotch, and a cheesy flavor. If you ever have a chance to go to Finland, you can buy Fazer milk chocolate. It's the best milk chocolate I've ever tasted. It's life changingly wonderful.

Fazer milk chocolate in Finland is life changingly good. Although, now people are making stronger milk chocolate in our chocolate tasting kit and Trader Joe's milk chocolate is a very good thing. So there was something else I was going to say about milk chocolate. Next pressing and pulverizing. I love the fact this is a picture on the wall just as we like to put whipped cream and marshmallows. The Native Americans worked up a foam and put it on top. They also might do a potassium wash.

Dutch chocolate was invented -- what it does is make it alkaline so it's better for baking. This darker means it's been washed in alkaline. In the Dutching process, it gets a less chocolaty taste and loses it's nutrient value. The opposite Dutch is natural cocoa. Trader Joe's cocoa I love. I just found it online. I'm not going out and shopping these days. I found some Trader Joe's natural cocoa. It's good and interacts with the baking powder and baking soda. I add about 10% different stuff to my lecture every day.

Conching of chocolate. A year ago this is PNAS. Somebody did a presentation with a catchy title. I should have called my lecture that. Conching science they took pictures of the 8 different phases here. The idea being that the process of conching is used by dentists when they want to make cement for teeth and also used by people making concrete. If you've ever worked with corn starch, you know it clumps. That's involved with the science of conching. Another scientific thing to do with your chocolate is tempering. The back is not a tempering thing it's a Queen of Sheba tort. Temper adds to the shelf life for the chocolate. Shelf life has never been a problem with my chocolate. Untempered chocolate looks like this in the molecules. They're all lined up so it will last longer. If you want your chocolate to have a burst of flavor, it's better to not have -- flavor. This is why chocolate chip cookies are so exciting.

Don't get chocolate chips. Get real chocolate. Chips are chemicals in them that change their shape. Melt your chocolate and let it dry. When you put it into your chocolate chip ice cream, you'll get a burst of flavor. That's tempering. What do people add to chocolate? They add some good things. That's the same coloring use in orange cheddar cheese. And in 1630 a missionary --

More good things this is -- different writers are repeating each other we got the warm spices today. I had chocolate with wasabi in it. I don't know what just happened. Wasabi and truffles that is in. I like chocolate and wasabi.

>>: I want to give us some time for the Q & A. We have some questions in the Q & A and also some that have been coming through with the chat. I would like to give our front row seat members an opportunity to unmute their mic and ask any questions that you have.

>>NINA GILBERT: It's 1:15 and we need to stop at 1:30 or 1:20?

>>: 1:30.

>>NINA GILBERT: Am I done with my PowerPoint?

>>: Well, if you can share what you have for the next minute.

>>NINA GILBERT: Let me take one more minute. I'll skip my landmarks here and the Columbian exchange. This was invented in World War II. There is a chocolate bomb but you can't buy it anymore. This guy invented something to put chocolate in your nose. Don't do it. People did DNA tests on pottery and discovered there are traces in chocolate in that. There is a good marriage and family therapy -- if you give people more adjectives they'll take it more seriously. When you're in college and there is a special road trip get certain food, you thought it made it taste better.

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We're almost there. Don't refrigerate chocolate. It will look like that. My air conditioning is broken. Camel milk chocolate, it is salty. Rose chocolate is supposed to be fancy and new. It tastes like a cross between the old sweet tarts. I think Trader Joe's may still sell it, but it's not good. I want to show you my necklace. There is a company called madewithmolecules.com. I don't get any money from her. I thought it was a really cool necklace.

This is the last thing I'll do. Somebody brought somebody to my talks and said there is a meso-American glyphs and I think -- why don't we ask questions -- this by the way, no chocolate with additives. There is a guy who likes to play with physics and that's it. Look at pretty pictures. So go ahead and ask me a question.

>>: Okay Anita, you had a question in the chat. I'd be curious to know if it's for all types of chocolate or the percentage and type matters?

>>NINA GILBERT: If what is in all types of chocolate.

>>: In terms of health benefits?

>>NINA GILBERT: It kind of -- it depends on what you're looking for. If you eat 100% chocolate, it won't taste good it's the strongest health benefits, what a professor out is people who eat 2 ounces of any type of chocolate ways 5 to 7 pounds less. What I think is most important whether you're having 70% of chocolate or 11 -- by the time you're having a Hershey bar that's very little chocolate and probably doesn't have any health benefit. What I find the best health benefit is, I found a Trader Joe's bar and broke it up into little pieces and put it in the freezer. I eat healthy knowing at the end of the day I can have a little square. That's the health benefit. But the percentage of chocolate by the time they processed it and cooked it and mixed it with sugar and fat, the traces are pretty trivial. The marketing you're getting from -- not to knock dove bar, but they're more sugar. If you can taste the composition you're getting more health benefits. In order to get more health benefits, you need to eat pounds and the sugar and fat will do more damage.

>>: Thank you very much.

>>: Here is another one you'll know the answer to. With you repeat what the chocolate was that tastes like marshmallows and cream the one you gave as a wedding gift.

>>NINA GILBERT: It's called Icoa and it's ICOA. If you looked at the virtual handout I mentioned there under online resources. There say company called El Rey and their website is like chocolate-elrey.com it's in the virtual handout. I keep mentioning that I assume people have access to the virtual handout. And the Icoa chocolate is just an amazing thing. I don't know if they still make it in bars or make it in bags for chefs to use. A little bag was this size and it was flat little pieces and it's fantastic and tastes like buttery marshmallows. The current picture on my PowerPoint is a rose -- Icoa, it's won all sorts of contests.

The white chocolate in your tasting kit the Soie Blanche is the second best white chocolate I've ever tasted.

>>: Your handout was posted in the chat and available in the resources tab.

>>NINA GILBERT: Love it.

>>: Sometimes we get questions from folks who would also like your PowerPoint. If you would like to share that, I can add that to the resources as well.

>>NINA GILBERT: Share the PowerPoint. I'm thinking what can I share with the PowerPoint? Part of this is I made it in 2005 before I knew to get copy rights for the recipe pictures. I think any information in the PowerPoint is also in the handout, any words in the PowerPoint. The pictures are from chocolate cook books. I don't think sharing the PowerPoint is particularly helpful.

>>: Do we have any more questions?

>>: I have a question.

>>NINA GILBERT: Yes.

>>: I would like to know whether or not besides the referrals to Trader Joe's for good chocolate if you have any tips for us in the store or online when we shopping for chocolate that is good but not expensive. We're See's candy fans but we would love to some other reference for other chocolate.

>>NINA GILBERT: People ask about See's.

>>: You have someone asking about the cacao powder from Costco.

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>>NINA GILBERT: I've never tasted Costco's cacao powder and I have to look into that. I'll see what I can read about what cacao powder that Costco sells. See if it's natural or Dutched. If you're baking with it, baking powder or baking you want Dutch. I find Trader Joe's cacao powder is better. It has the same fat percentage as everybody else. I don't know if they're selling it as a health thing, sometimes they sell it as a health thing because it doesn't taste good. There are a lot of things I get at Costco. I've never gotten the Costco cocoa. I'm glad you asked about See's. If you love See's chocolate, keep buying it.

If you had never tasted it before and taste it for the first time now, you might not like it as much. The boarding school where I used to teach 10 years ago, they would have a fund raiser for See's chocolate. It's great for fund raisers because everyone has the rush of memories from it. If you look at the cacao percentage of See's chocolate you're eating overprocessed and more sugar than chocolate. Doesn't mean it's bad. If it's chocolate that makes you happy -- Scharffer Berger is great. The Scharffer Berger guys used to be in wine before they were in chocolate. They're good at blending flavors. They travel around the world tasting what chocolate is available. Each years' batch takes different. Scharffer Berger milk chocolate is the 2nd best chocolate I've ever had. I wonder what will happen this year because of travel restrictions. Some of the chocolate is not available in Chocosphere because they stop the planes in China and Singapore and he the chocolate melts. This is why the chocolate in our tasting kits is rare and special. There was a Vietnamese chocolate we wanted to get but we can't. Scharffer Berger is fabulous. At one point they have chocolate from specific countries, those are wonderful. The Trader Joe's' pound plus bars are excellent. If you're looking for random chocolate, you want it to be good. If it's processed in Belgium I don't know what they do there, but it's good.

The Guittard company makes good chocolate. I buy my Guittard and Scharffer Berger from Chocosphere. I would say look at Chocosphere. I know we got the chocolate tasting kit there. Other things there, if you want to cook with it -- you can buy these kilo bags of things. Of issue with Chocosphere is their minimum shipping charge is \$10 or \$11. What I've done with my tasting kit -- I'm watching the clock. I'm obsessed it came with it's a styrofoam box, I put an ice pack and two or 3 times day I'm switching that out. Inside the box it feels like it's 70°. Chocolate is happy at air conditioned room temperature. It doesn't mean it can't be in the fridge. I freeze mine because I'm keeping it for a long time. Are we answering any more questions? Because it's fun.

>>: Hi Nina I loved your lecture. I love chocolate ice cream, I find sometimes as I'm eating it, it tastes sweet I don't taste a lot of chocolate. My first part of the question is, what is the reason behind that and also is there in ice cream brand in the US that tastes like chocolate?

>>NINA GILBERT: Would I recommend is homemade ice cream. I made -- I keep a running list of all the flavors. I make a homemade ice cream and you melt chocolate and mix it so it doesn't freeze. You can mix bittersweet and swirl that through your ice cream. You miss the chocolate that way. I'm not sure why. I think they put extra sugar in frozen products like they put extra salt in airplane foods. It overwhelms it.

>>: Did you have a question?

>>: She answered it. To freeze the chocolate and put it in the fridge.

>>NINA GILBERT: Don't put it in the fridge. You saw the picture of the chocolate, it doesn't affect the chocolate but it looks really ugly.

>>: This is from Mark, with your home made ice cream do you use pasteurized cream or raw cream?

>>NINA GILBERT: Either one, it depends if you're making a custard, you're cooking it anyways -- the flavor will take a difference absolutely. I do find it's not a chocolate question. Organic cream has a much more complicated cream.

>>: Nina thank you so much for being our speaker today congratulations for our front row viewers. Thank you for your collection just for us. I can't -- we had someone asking about a recipe for hot chocolate. Before we go.

>>NINA GILBERT: The difference on that between hot chocolate and hot cocoa, hot cocoa is made from cocoa powder. Once you know that, you can get a Hershey bar you can get chocolate that taste like a chocolate bar.

>>: I hope some of you can join us for our up coming events -- mindfulness and meditation and October 21st it's our closing session with CAMFT executive director on the state of the profession. I hope you can join us. Thank you again to GEICO, CPH & Associates, and SimplePractice .

[End at 1:30]