

Chef's Suggestion	VALRHONA	Cocoa %	Tasting Notes:	Category	Tempering (°C)		
					Melting	Crystallisation	Working
✓✓✓	Cocoa Powder	55%	Rich. Dark. Velvety. Pure & intense cocoa flavour. Warm red mahogany colour.		-	-	-
✓✓	Crunchy Pearls		Toasted cereal coated in dark chocolate.		-	-	-
	Baking Pearls		Solid round pearl of chocolate. Suitable for baking.		-	-	-
		Cocoa %	Tasting Notes:	Category	Melting	Crystallisation	Working
Dark Chocolate							
✓✓✓	Abinao	85%	Fruit (blackberry, blueberry); pear; dried fruit (apricot, fig, date, prune); bittersweet; pleasantly tannic. Highest cocoa % of the Valrhona's we stock	Blend of Africa beans	55-58	28-29	31-32
✓✓✓	Araguani	72%	Raisins, roasted nuts, liquorice.	Pure Origin/Venezuela	55-58	28-29	31-32
✓✓	Guanaja	70%	Bitter-sweet.	Blend/beans from South America	55-58	28-29	31-32
✓✓✓	Nyangbo	68%	Round chocolate warm note; low acidity; soft and sweet spiciness; delicate bittersweetness	Ghana, Africa (Valrhona's Grand Cru de Terroir)	55-58	28-29	31-32
✓✓✓	Alpaco	66%	Floral (jasmine & orange blossom); roasted nuts; nutty; moderately bittersweet.	Pure Origin/Ecuador	55-58	28-29	31-32
✓✓	Caraĩbe	66%	Balanced, roasted aromas & flavours.	Blend/beans from the Caribbean	55-58	28-29	31-32
✓✓	Manjari	64%	Slightly acidic, red fruit flavours.	Pure Origin/Madagascar	55-58	28-29	31-32
✓✓✓	Tainori	64%	Candied, citrus and dried fruit; and roasted almonds. Less bittersweet.	Pure Origin/Dominican Republic	55-58	28-29	31-32
✓	Satilia	62%	Well-balanced, bittersweet, sweet almond, roasted and chocolaty notes.	Various estates/blended.	55-58	28-29	31-32
✓	Caraque	56%	Balanced flavours, chocolaty taste.	Blend	55-58	28-29	31-32
✓✓✓	Equatoriale	55%	Balanced taste & easy to use.	Blend	55-58	28-29	31-32
Milk Chocolate							
	Guanaja Lactée	41%	Milky, not too sweet	Blend	45-48	27-28	29-30
✓✓✓	Jivara Lactée	40%	Milky, caramel, malt, vanilla.	Blend	45-48	27-28	29-30
	Equatoriale Lactée	35%	Milky, balance flavours.	Blend	45-48	27-28	29-30
✓✓✓	Tanariva	33%	Milky, hint of caramel, soft flavours.	Pure Origin/Madagascar	45-48	27-28	29-30
White							
✓✓✓	White (Ivoire)	35%	Rich milky vanilla flavour.	Not Applicable	45-48	27-28	29-30
GENERAL							
	PACKING SIZE: 250g or 500g - Useful info: each feve (piece) is about 3g.						

A Chocolate a Day Keeps the Doctor Away:

- Chocolate is loaded with antioxidants, calcium, potassium and vitamins B-2 and E.
 - The darker you go the better. The darker it is means it has more cocoa – an ingredient shown to trigger the release of neurotransmitters that help alleviate depression.
 - Chocolate can also help relieve stress. In a recent study those who ate about an ounce and a half of dark chocolate every day for two weeks, reduced their stress hormones.
 - Theobromine, an ingredient in chocolate, is more effective at stopping persistent coughs than codeine.
 - Chocolate is also good for your heart, it contains oleic acid – a monounsaturated fat that helps boost good cholesterol levels.
 - Flavanols in chocolate MAY help prevent arteries from hardening.
- Our suggestion:** eat the dark chocolates with the higher cocoa content - straight out of the bag! It is the cheapest and 'purest' way to eat fine high-quality chocolate. And it is much healthier since it is without cream, butter and sugar.