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## For the love of chocolate 情迷朱古力

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# For the love of chocolate

## 情迷朱古力

Everything you wanted to know about the sexiest treat  
為你介紹各種有關朱古力這種最性感美食的趣聞

By Kate Whitehead



### Location 產地

It is believed that cacao beans were first harvested in Central and South America more than 4,000 years ago, but today about 70 per cent of the world's cacao is grown in Africa. 據說可可豆於4,000多年前生長在中、南美洲一帶，但如今全球約七成的可可豆均產自非洲。

### Grow 生長

Nearly all cacao trees grow within 20 degrees either side of the equator, and 75 per cent grow within eight degrees either side. 差不多全部可可樹都是生長於赤道南北緯20度範圍內，其中75%更是生長於赤道南北緯8度範圍內。

### The world's best 優質產地

Ecuador is arguably home to the world's best chocolate. 厄瓜多爾堪稱全球最優質朱古力的產地。

# 5.7925 tonnes

The world's largest chocolate bar by weight was created to celebrate chocolate maker Thorntons' 100th anniversary in 2011. It weighed in at 5.7925 tonnes.

全球最重的朱古力條是朱古力製造商 Thorntons 在2011年為慶祝品牌100周年而製作，淨重達5.7925噸。

## Artisanal Chocolate 手工朱古力

Bean-to-bar chocolate has been made step by step – from roasting beans to tempering – under the care of a single chocolate maker. It is not necessarily a guarantee of superior quality, but promises that the chocolate maker has control over the entire process.

The four top chocolate-producing countries in the world are the United States, Germany, Switzerland and Belgium.

Chocolate aficionados appreciate “single origin chocolate” – chocolate that has been made using beans sourced from one specific place. Most chocolate is made using blends of beans from many different countries.

把可可豆製成朱古力條，步驟包括烘焙、調溫等，若全由一位朱古力師處理，雖然不能保證製成品必屬頂級，但他最少能全面控制整個過程。

全球四大朱古力生產國分別是美國、德國、瑞士和比利時。

朱古力愛好者都鍾情於「單一產地」的朱古力，即是以同一個來源地的可可豆製成的朱古力。而市場上大部分朱古力都是由不同國家的可可豆混合製成。



# 200

Cacao trees can live to be 200 years old, but they only produce marketable cacao beans for about 25 years.

可可樹的壽命長達200年，但當中只有25年可生產供市場使用的優質可可豆。

# 400 CACAO BEANS



Did you know... 你知不知道……

It takes about 400 cacao beans to make one pound (454 grams) of chocolate.

製作一磅(454克)朱古力大約要用到400顆可可豆。

## Chocolate Addiction 朱古力狂迷

The Marquis de Sade, a French aristocrat born in 1740 who was famous for his sexual appetite, was said to be addicted to chocolate. Madame de Pompadour, one of Louis XV's many mistresses in the mid-18th century, was also known to be hooked on chocolate and used it to stimulate romantic desire.

Italian researchers claim that women who eat chocolate regularly enjoy a better sex life than those who do not. They also were found to have higher levels of lust, arousal and satisfaction from sex.

出生於1740年的法國貴族Marquis de Sade以好色聞名，據說他非常嗜吃朱古力。18世紀中葉，路易十五眾多情婦之一Madame de Pompadour，據聞也酷愛吃朱古力，還以它作為催情之物。

意大利研究人員聲稱，經常吃朱古力的女性比一般女性享受到更佳的生活。而且，研究指這些女性的情慾、發情和性滿足程度比一般女性高。



## History 歷史

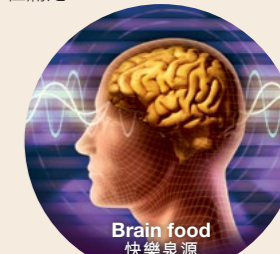
Chocolate was first created in Central America more than 2,000 years ago. The Aztec and Maya tribes mixed ground cacao beans with seasonings – chocolate was then a spicy drink rather than a sweet confection. After the Spaniards arrived in Central America in the 16th century, they brought cacao beans back to Europe and began producing chocolate sweetened with sugar.

朱古力最早於2,000多年前在中美洲出現。當地的阿茲特克和瑪雅部落在磨碎的可可豆中加入調味料，所以當時的朱古力是一種辛辣飲品而不是甜點。16世紀西班牙人從中美洲把可可豆帶返歐洲，並且開始用糖製成甜味的朱古力。



## Science 科學

Eat and be happy. The smell of chocolate increases theta brain waves, which triggers relaxation, arousal and satisfaction from sex. 吃朱古力能使人快樂。朱古力的香味可以加強大腦的Theta腦電波，令人心情放鬆，容易達致性興奮及性滿足。

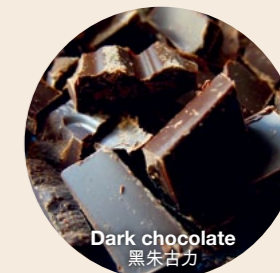


Research suggests dark chocolate boosts memory, attention span, reaction time and problem-solving skills by increasing blood flow to the brain.

Dark chocolate contains more cacao and less sugar than other chocolate, so it is considered healthier than milk or white chocolate.

研究顯示黑朱古力有助增加輸送到腦部的血液，能夠提升記憶力、專注力、反應速度和解決問題的能力。

黑朱古力比其他朱古力含有更多可可豆及更少糖分，所以被認為比牛奶朱古力或白朱古力更健康。



White chocolate isn't really chocolate at all – it contains no cocoa solids or chocolate liquor. White chocolate contains cocoa butter instead.

白朱古力其實並非真正的朱古力，它不含可可粉或朱古力膏。白朱古力只含可可脂。

