

*Предметом исследования в данной статье является наиболее сладкая и любимая еда иностранной кухни - шоколад. Автор рассматривает историю появления шоколада в повседневной жизни Западной Европы.*

**Ключевые слова:** шоколад, ольмек, майя, керамика, культура.

*Предметом дослідження в даній статті є найбільш солодка та улюблена їжа іноземної кухні — шоколад. Автор розглядає історію виникнення шоколадних ласощів в повсякденному житті Західної Європи.*

**Ключові слова:** шоколад, ольмек, майя, кераміка, культура.

There is more about chocolate's history that appears on the Internet than you can possibly imagine. They'll tell you that Columbus took the chocolate bean back to Spain, that's why we all drink chocolate and so forth. Columbus didn't. He saw chocolate beans but he didn't have the slightest idea what they were.

Hernan Kortes wrote in his memoirs that Spanish began to drink cacao liqueur made of cacao berries because in Mesoamerica they didn't have vine to satisfy thirst. In our research we will use scientific sources and literature. Firstly, we will talk about the cacao tree and its existence [5: 56].

Years and years ago, René Francis Millon, a very distinguished archaeologist wrote a dissertation called "When Money Grew on Trees", a wonderful title because the chocolate bean, the beans of the cacao tree, were used as currency in Aztec times and also among the Maya at the time of the conquest [10: 20].

Now, where did this take place, this mysterious invention? We don't know for 100% but it had to have been in Mesoamerica. Paleo-botanists believe that the cacao plant originated in Brazil and that the beans gradually migrated up into Mesoamerica through some ancient trade networks [9: 597]. The Olmecs (1500 BC - 400 BC) operated a great trading empire and had large settlements in Chiapas, Yucatan, and Guatemala, all areas where cacao could be grown. Isthmus of Tehuantepec in southeast in Veracruz, state of Veracruz, is the area where this happened among the Olmec. If you don't know anything about the Olmec, you should learn, they are great civilizations. They are famous for their colossal heads and pottery [11].

In fact, the Maya word "kakaw" is of Olmec origin and the first recorded use of the term was in 400 BC, at the end of the Olmec period. About 1500 BC in the lowlands on the Gulf of Mexico in America, the Olmec civilization arose. There is little data about their culture, but some linguists believe that the word "cocoa" was first performed as "kakawa" about 1000 BC, in the heyday of the Olmec civilization [12:17].

Cacao had its own god Ek Chuah "Black War Chief" which was the Patron God of Warriors and Merchants. Cocoa beans were a symbol of wealth and power. As we can find in coloniser's reports, Itzamma is the founder of the Maya culture, she taught his people to grow maize and cacao, as well as writing, calendars, and medicine [4: 152].

Only elite could afford drink of chocolate beans during rituals with various spices. At Rio Azul an expedition worked on tombs and found a great Maya pyramid

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## HISTORY OF CHOCOLATE

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*The subject of article is the most sweet and favorite food of foreign cuisine - chocolate. The author reveals its history and origins in the West Europe's life.*

*Key words: chocolate, Olmec, Maya, pottery, culture.*

probably about 450 A.D. and the died buried in a tomb dug down into the bedrock containing early classic Maya pottery [13; 336-338].

Chocolate is still important today in the Maya area during marriage negotiation and marriage ceremonies. It was probably sent to important kings as a tribute in a small quantity of chocolate beans. There is the proof of that on the Bonampak murals. We understand now that huge sacks of chocolate beans were brought in. Probably played the same role that Champagne does today.

In the year of 1519, it is said that Emperor Moctezuma greeted Hernan Cortes with a frothy chocolate mug. Enhanced with Chili pepper, vanilla or allspice, this drink was the delight of the Royal Court. Chocolate was drunk exclusively by the Aztec elite while corn by the indigents [6: 579]. This was the first chocolate to which the Spaniards got used; pepper and vanilla which were added into the drink provided a stronger aroma of nutmeg and sugar.

Until the 16<sup>th</sup> century, no European had ever heard of the popular drink from the Central and South American peoples [7; 130].

Christopher Columbus encountered the cacao beans on his fourth mission to the Americas on August 15, 1502 when he and his crew seized a large native canoe that proved to contain among other goods for trade cacao beans. His son Ferdinand commented that the natives greatly valued the beans, which he termed almonds "for when they were brought on board ship together with their goods, I observed that when any of these almonds fell, they all stooped to pick it up, as if an eye had fallen". But while Columbus took cacao beans with him back to Spain, it made no impact until Spanish friars introduced chocolate to the Spanish court [14].

Spanish conquistador Hernan Cortes may have been the first European to encounter chocolate when he observed at the court of Montezuma in the 16<sup>th</sup> century [2; 27]. Montezuma's daily intake of chocolate was described by Antonio de Solis in 1685: "He had Cups of Gold, and Salvers of the same; and sometimes he drank out of Cocoas [i.e., coconut shells], and natural Shells, very richly set with Jewels [ ] When he had done eating, he usually took a Kind of Chocolate, made after the Manner of the Country, that is, the Substance of the Nut beat up with the Mill till the Cup was filled more with Froth than with Liquor; after which he used to sinoak Tobacco perfumed with liquid Amber [13:336].

Jose de Acosta, a Spanish Jesuit missionary who lived in Peru and then Mexico in the later 16 century, described its use more generally: "Loathsome to such as are not acquainted with it, having a scum or froth that is very unpleasant taste. Yet it is a drink very much esteemed among the Indians, where with they feast noble men who pass through their country. The Spaniards, both men and women that are accustomed to the country are very greedy of this Chocolate. They say they make diverse sorts of It, some hot, some cold, and some temperate, and put therein much of that "chili"; yea, they make paste thereof, the which they say is good for the stomach and against the catarrh" [3: 261].

After the Spanish conquest of the Aztecs, chocolate was imported to Europe. There, it quickly became a court favorite. It was still served as a beverage, but the

coainish added sugar or honey to counteract the natural bitterness [1]. Within about a hundred years, chocolate established a foothold throughout Europe.

The new craze for chocolate brought with it a thriving slave market, as between the early 17<sup>th</sup> and late 19<sup>th</sup> centuries the laborious and slow processing of the cacao bean was manual. Cacao plantations spread, as the English, Dutch, and French colonized and planted. With the depletion of Mesoamerican workers, largely to disease, cacao production was often the work of poor wage laborers and African slaves. Wind-powered and horse-drawn mills were utilized to speed production. Chocolate remained a treat for the elite and the wealthy until the arrival of the Industrial Revolution brought steam-powered engines to speed the processing of the bean. The first steam-driven chocolate mill was created by a French inventor named Debuissou in the early 18<sup>th</sup> century [7; 195].

As the processes for chocolate making became more efficient, new techniques and approaches revolutionized the texture and flavor. In 1815, Dutch chemist Coenraad Van Houten introduced alkaline salts to chocolate, which reduced its bitterness. A few years thereafter, in 1828, he created a press to remove about half the natural fat (cacao butter) from chocolate liquor, which made chocolate both cheaper to produce and more consistent in quality. This innovation introduced the modern era of chocolate [14].

Known as "dutch cocoa", this machine-pressed chocolate was instrumental in the transformation of chocolate to its solid form when in 1847 Joseph Fiy learned to make chocolate moldable by adding back melted cacao butter. Milk had sometimes been used as an addition to chocolate beverages since the mid-17 century, but in 1875 Daniel Peter invented milk chocolate by mixing a powdered milk developed by Henri Nestlé with the liquor. In 1879, the texture and taste of chocolate was further improved when Rudolphe Lindt invented the conching machine [8].

Besides Nestlé, several chocolate companies had their start in the late 19 and early 20<sup>th</sup> centuries. Cadbury was manufacturing boxed chocolates, in England by 1868. In 1893, Milton S. Hershey purchased chocolate processing equipment at the World's Columbian Exposition in Chicago and soon began the career of Hershey's chocolates with chocolate-coated caramels.

In the 19<sup>th</sup> century there are the first chocolate bars and Jacques Neaus invents the first candy with praline filling. A 19<sup>th</sup> century French chemist wrote about chocolate: "It is a divine celestial drink, it is a genuine panacea - the universal cure-all".

During the First and Second World Wars, nourishing and invigorating product was appreciated, mostly in the form of tiles, but also continued to drink it in liquid form. Then people started using popular Venezuelan recipe where chocolate was mixed with sugar and banana flour.

So, here's a long historical path did cocoa beans to our modern solid chocolate.

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