

How to Taste Chocolate

Use as many of your senses as possible, go slowly, and focus your attention.

See

Observe the characteristics of the chocolate. How elegant is the package that it's wrapped in? A high shine indicates a well tempered chocolate. Dark chocolate will naturally have a higher shine than milk chocolate.

Sniff

Try to detect different kinds of aromas. It might help you to concentrate if you close your eyes. There may be more than 600 different natural aromas in a piece of chocolate. Compare what you smell to other familiar smells.

Snap

Hear the snap of the chocolate when you break it. Chocolate with a higher cacao content will break cleanly with a sharper sound, whereas chocolate with lower cacao percentages will tend to break more softly.

Savor

Place only a small piece in the center of your tongue then wait for the chocolate to begin to melt. Then, place your tongue on the roof of your mouth and swirl the melting chocolate all over each area of your tongue. Note the early flavors, the smoothness, the Mouthfeel, and the finish. Lastly, note how long the aftertaste lingers and any flavor notes that it has.

Tasting Tips

1. Taste chocolate at room temperature.
2. Use room temperature water to cleanse the palate between tastes
3. Compare and contrast other tasters' impressions
4. Take notes
5. Explore the differences in flavor and regions.

Descriptors

- Astringent- absorbs the moisture in your mouth
- Bitter
- Earth- grass, woods, straw or hay
- Floral- fragrant notes including jasmine, rose, lavender
- Fruit- berry, citrus, sour, dried fruit
- Roast- nut or coffee
- Spicy- cinnamon, cloves, licorice, nutmeg
- Sweet- early taste
- Wine- a richness associated with a mature red wine

Chocolate Tasting Notes

Name:

Date:

Chocolate Maker	Product	Percent cacao	Flavor	Overall Rating	Notes

Key to Flavors

A- Astringent
B- Bitter
E- Earth
Fl- Floral
Fr- Fruit
R- Roast
Sp- Spicy
Sw- Sweet
W- Wine

Overall Rating

10- Favorite
9- Excellent
8- Very Good
7- Good
6- Above Average
5- Average
4- Below Average
3- Poor
2- Very poor
1- Really, really poor