



EST 1892

LSBU

CHOCOLATE LECTURE

CHOCOLATE PROFILE RECORDING FORM

In this tasting exercise we'll look at and compare four sensory attributes, hardness, sweetness and meltiness, of chocolate that has been kept at different temperatures, thus experiencing the impact of temperature.

Instructions

1. For this exercise you will require one piece of chocolate, 50 g min. Ideally dark chocolate that is in segments like in the photograph. A plate or napkins and napkins to clean your hands afterwards.
2. Place one segment in the fridge, ideally in an airtight container and leave for at least 1 hour. Keep the other segment in an airtight container at room temperature approximately 20C.
3. When you are ready to taste:
4. Wash or sanitise your hands.
5. Place the chocolate from the fridge on a plate or clean piece of paper or napkin. This is sample 1.
6. Using your fingers, snap the chocolate in half. How hard is it to snap it ? Record this on the sheet below. Remember there is no right or wrong answer.
7. Then take a small bite and notice how hard it is to bite through.
8. Record this on the sheet below.
9. Keep the chocolate in your mouth and wait for it to melt. Notice whether it melts quickly or slowly.
10. Record this on the sheet below.
11. Finally notice how sweet the chocolate is.
12. Again record it on your sheet.
13. Remember, you need to taste the chocolate from the fridge as soon as you take it out, so that it is still cold when you bite through it. If there is a food thermometer you can use, you can record the actual temperature when you taste.
14. Once you have finished with the chocolate from the fridge, drink some room temperature water or have a small bite of a plain cracker to clean you palate (don't worry if you cannot do this).
15. Repeat the exercise with the second sample of chocolate kept at room temperature. This is sample 2.
16. How does this chocolate compare with the one before?
17. Finally write down your observations. Have you observed anything else? Is the colour the same? Is the aroma the same? Is the cocoa flavour the same?



EST 1892

LSBU

TASTING

Name:

SNAP

Sample 1	1	2	3	4	5	6	7
	Not Hard						Very Hard
Sample 2	1	2	3	4	5	6	7
	Not Hard						Very Hard

HARDNESS

Sample 1	1	2	3	4	5	6	7
	Not Hard						Very Hard
Sample 2	1	2	3	4	5	6	7
	Not Hard						Very Hard

MELTINESS

Sample 1	1	2	3	4	5	6	7
	Melts Slowly						Melts Quickly
Sample 2	1	2	3	4	5	6	7
	Melts Slowly						Melts Quickly

SWEETNESS

Sample 1	1	2	3	4	5	6	7
	Not Sweet						Very Sweet
Sample 2	1	2	3	4	5	6	7
	Not Sweet						Very Sweet

OBSERVATIONS



EST 1892

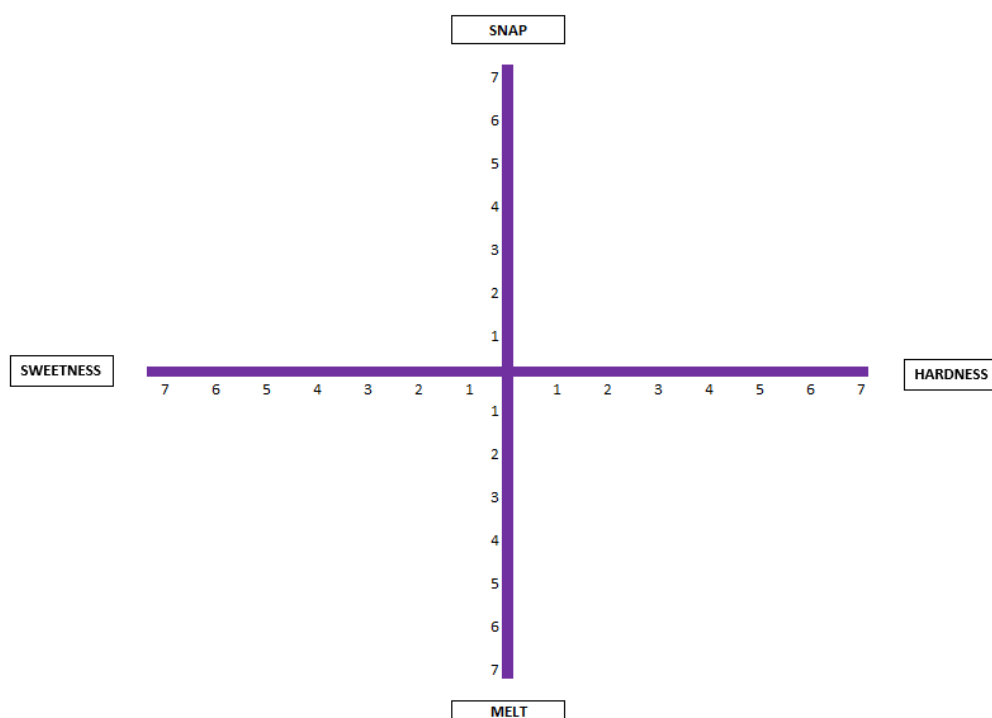
LSBU

SPIDER DIAGRAM

Optional activity

The results of the tasting session can be visualised in a spider diagram. This way one can create a visual “footprint” of the chocolate’s sensory attributes that were measured.

As we measured four attributes - snap, hardness, melt, sweetness – we need to draw four axis with 0 at the point where they meet and 7 at the end.



Chose a colour for each tasting eg. Blue for the chocolate kept in the fridge and red for the chocolate kept at room temperature.

Mark the score for each attribute on the relevant axis.

Draw a line linking the four attributes of each sample.

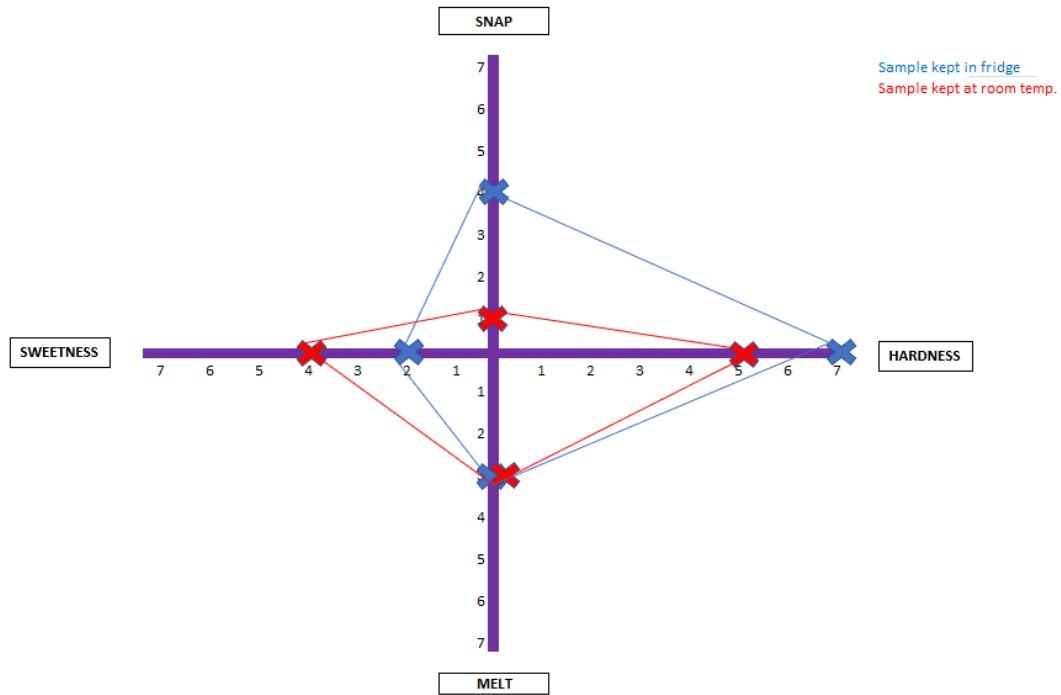
Your sensory “footprint” for each chocolate is complete .

(see example below)



EST 1892

LSBU



You can also calculate the average score for each attribute per sample and plot the result of the whole class.