

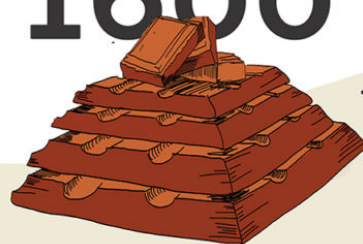
Sobeys presents

# A Wonderful World of CHOCOLATE

## Chocolate Through the Ages

**1600** Aztecs used cocoa beans as currency

—100 bought you a turkey!

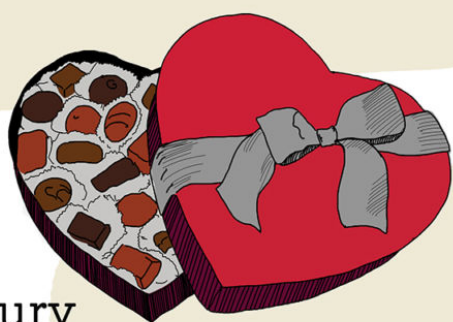


**1700**

Europeans used chocolate as an aphrodisiac.

**1861**

Richard Cadbury made the first heart-shaped box of chocolates for Valentine's Day.



Rumor has it Casanova was a fan.



**2013**

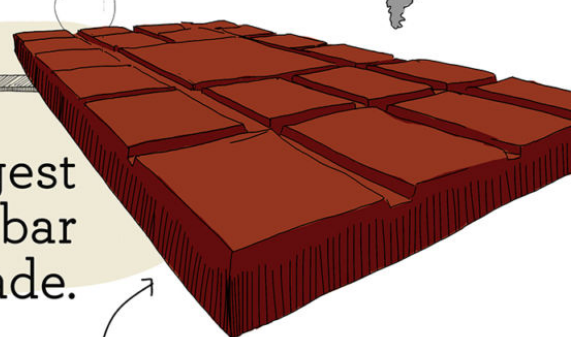
An American company announced a new development: heat-resistant chocolate that won't melt in hot climates.



**2011**

The world's largest chocolate bar was made.

12,000+ POUNDS



It weighed more than 12,000 lbs (5,400 kg).

## 5 Quick Chocolate Tips

**1.**

The easiest way to chop chocolate is to use a knife with a serrated edge.



**2.**

Store baking chocolate in a dry place at room temperature. Extreme temps cause whitish spots or streaking called bloom, but the chocolate is still edible. Streaks will disappear when chocolate is melted.



**3.**

Pair chocolate with bold-flavoured wines, like Cabernet Sauvignon or Shiraz.



**4.**

Moisture is the mortal enemy of melting chocolate. When they meet, chocolate seizes into a lumpy mess. Make sure your pans and tools are completely dry before you start.



**5.**

Never keep chocolate—especially white chocolate—in the fridge. The cocoa butter in it is prone to soaking up strong smells.



## Did you know?

Dark chocolate has high levels of flavonoids, which are antioxidants that may offer potential health benefits.\* But eat in moderation—just 85 grams of dark chocolate may contain upwards of 450 calories.

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For more food tips, tricks and ideas, visit [Sobeys.com](http://Sobeys.com).

\*Source: Eat Right Ontario