

### *Your chocolate profile: step 1*

The table opposite will help you to see at a glance what kind of chocolate you love most. What it also does, though, is to provide you with some ideas for what *else* you might like.

Look at the names of the bars, and circle those that you like or usually buy. Do they fall into any one category?

So what does it all mean? The distinction I've drawn here is a very simple one. Column 1 chocolates come from large companies and are available almost anywhere that chocolate is sold. The chocolates in column 2 are (yes, the bad news) more expensive, and are from my list of companies to watch out for – that is, typically, small ones who are doing amazing things with superb raw materials.

My ultimate aim is to show you that in time you can learn to love the very best milk or dark chocolate. You may have always eaten a bar available in any newsagents' shop – but now find yourself going for an artisanal variety in a big way. Or you may never have imagined yourself eating dark chocolate, until you encountered a truly ambrosial bar of it

## · BUILDING YOUR OWN CHOCOLATE PROFILE ·

	1	2
<b>Milk</b>		
	Cadbury Dairy Milk	Jivara (Valrhona)
	Galaxy	Milk (Amedei)
	Milka (Nestlé)	Lait Entier (Weiss)
	Milk (Lindt)	Latte Sal (Domori)
		Milk 41% (Scharffen Berger)
		Melissa (Pralus)
<b>Dark</b>		
	Lindt Excellence 70%	Manjari, Gran Couva
	Dark organic brands (70% or more)	(Valrhona)
	Any dark bar from the supermarket	Chuaq, Porcelana (Amedei)
	Bournville (Cadbury)	Java, Indonésie (Pralus)
	Côte d'Or Noir	Porcelana, Puertomar (Domori)
	Duchy Originals	Chocolate and 'nibs' (Corallo)
		Bittersweet 85% chocolate (Michael Recchiuti)
		Mangaro (Michel Cluizel)

from column 2. See Chapter 4 for more recommendations for each type of chocolate lover.

You might notice that a few of your favourite things do not appear in the table above. Where are Mars Bars and white chocolate? Where are filled chocolates? Well, they're not there for a simple reason. When chocolate connoisseurs meet to taste and discuss *real* chocolate, they usually choose bars. It's the pure, unadulterated form of chocolate. White chocolate (which only uses the cocoa butter from the cocoa bean) doesn't count – and neither does the milk chocolate