Chocolate (English)

Chocolate is probably the world's favorite food. You can drink it hot or cold, or eat it as a snack or as part of a meal. It is made into pies, cakes, cookies, candy, ice cream and even breakfast cereal. It is nourishing, energy-saving and satisfying.

Chocolate came to us from Mexico, by way of Europe. When the Spanish explorer Cortez arrived at the court of Montezuma, the Aztec Emperor, he found him drinking a cold, bitter drink called Chocolate. It was made from seeds of the cacao tree, ground in water and mixed with spices. Montezuma gave Cortez the recipe and some cacao and vanilla beans. Cortez took them back to Spain, where the Spanish king and queen quickly improved the drink by adding sugar and having it served hot. For about a hundred years, chocolate was exclusively a royal Spanish treat. But once the secret leaked out, the upper classes in most of the European capitals were soon sipping hot chocolate. From Amsterdam, the Dutch settlers brought chocolate to the American colonies, and in 1765 a man named Baker started a chocolate mill near

Chocolate (Spanish)

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