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**Why Chocolate Melts In Your Mouth, Not In Your Hand**

By News Canada

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by: News Canada

(NC)—Ever wonder why those delicious little chocolates hardly ever melt in your hand? Pop them in your mouth, and they transform into soft, gooey liquid. Here's the secret...

The way chocolate is manufactured has changed considerably. Originally, chocolate was made with cocoa butter, derived from cocoa beans. Cocoa butter naturally melts at the temperature in your mouth: 37°C. This is about as hot as a tropical jungle! Over time, the price of cocoa butter escalated, and its supply became somewhat unstable. As a result, chocolate manufacturers turned to cocoa butter alternatives like those derived from coconut oil, palm oil, and shea oil - which comes from the Shea-Karite tree, native to tropical Africa.

However, these butters don't possess the same melting point as cocoa butter. A precise science, called "hydrogenation", is required to alter them. Hydrogenation is the process of inserting hydrogen gas into hot oil, at scalding temperatures between 120°C and 210°C. Upon completion, the substitute butters have new solidifying and melting points.

Hydrogen is a versatile element that appears as a gas, liquid or solid. Estimated to make up more than 75% of all mass, it is the most abundant element in the universe. Discovered in 1766 by Henry Cavendish, hydrogen is even found in the stars. This element is the secret behind your chocolate's melting properties.

However, research now indicates that hydrogenated oils produce "trans fats" that interfere with cellular function and prevent our bodies from acquiring essential fatty acids that are important for our health. Consuming hydrogenated oils can lead to obesity, clogged arteries and other diseases.

But hydrogen isn't all bad. It can be combined with other molecules to produce plastics, and is used to polish glass. An unlimited, renewable resource, hydrogen is also an environmentally friendly energy alternative. It holds the promise of solving air pollution problems, reducing Canada's dependence on

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foreign oil, and eliminating oil spills.

Air Liquide, the global leader in industrial gases, explores hydrogen's energy uses. The company is partnering with automobile manufacturers to develop hydrogen-powered cars that emit clean water rather than harmful pollutants. Other benefits of hydrogen cars are: no mechanical parts (such as a transmission), no need for lubricating oils, and easier maintenance. It is estimated that hydrogen cars won't hit the road for another decade, although the world's first hydrogen bus has already conducted field tests in Germany.

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### **Chocolate, Candy, Fudge**

**By Mike Yeager**

A delicious, mouth-watering piece of sweetened chocolate is a treat that tempts everyone. Whether it's a delicious chocolate truffle or a double dipped chocolate nut cluster that just bursts with flavor as soon as it placed inside your mouth; quality chocolate candy is a treat that you enjoy and deserve. Chocolate candy, soft candy, chewy candy, chocolate and fruit candy are all available today over the internet at great prices.

For a quick energy pick up, consider chocolate. After putting your body through a grueling workout such as walking, running or bike riding, it demands bodybuilding nutrition. An easy, quick and reasonably priced way of fulfilling this need is to simply savor a piece of chocolate.

How do you show someone you love them? Do you buy them expensive gifts? Spend quality time together? Make personal sacrifices just to see them smile? Dedicate a song to them? Write a love

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letter or note of encouragement? Become their cheerleader? Those are wonderful things to do but my question goes deeper than those types of activities, even beyond your romantic partner. How about a piece of chocolate? There's nothing better. We hope you enjoy the selection of chocolate makers we've suggested. We only deal with quality makers of chocolate and candy who use the finest, freshest quality ingredients and that are offered at reasonable prices.

Mike Yeager  
Publisher

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