

The history of milk chocolate



The history of chocolate goes back a long way. Many years ago, the Maya Indians lived in Guatemala in Central America. They moved from Guatemala to the south-central part of Mexico. The Maya Indians took the cacao plant and beans with them. This plant grew in the rain forest. The Mayan people made a powder from the cacao beans. They then made a drink from the cocoa powder. This drink was very bitter and the Mayans used it as a medicine for *coughs* and fever. Later, the Aztec people began to rule Mexico. They found out about the cocoa drink and called it 'xocolatl'. This is where the word chocolate comes from.



In the 16th century, the Spanish explorer Christopher Columbus brought the cacao bean back to Europe from his travels. The Spanish added sugar and also vanilla to their cocoa drink. Only rich people could *afford* to drink cocoa.



In 1795, a company called Joseph Fry & Sons in England used a machine to *grind* the cacao beans to make the powder. The machine worked by steam.

<i>cough</i>	Husten
<i>afford</i>	sich leisten können
<i>grind</i>	mahlen



In 1819, François-Louis Cailler returned from Italy after learning how to make chocolate. He opened the first Swiss chocolate factory in Corsier.

In Holland, Dutchman Conrad Van Houten invented a special machine called the cocoa press. The cocoa press *squeezed* out a *liquid* from the cocoa nuts. This is called cocoa butter. Because of the machine, it was possible to make more chocolate and at a lower price. Now it was also possible to make *solid* chocolate. The chocolate makers now also used *moulds*. When the liquid chocolate became cool it also became solid. The English company Joseph Fry & Sons also discovered a way to mix some of the cocoa butter into the chocolate. They also added sugar. With this mixture they made the first modern *chocolate bar*.

In 1879, a man called Rodolphe Lindt from Bern in Switzerland started to add extra cocoa butter to the chocolate mixture. This helped to make the chocolate *smoother* and *glossier*. Cocoa butter melts at 37° Celsius. This is the same temperature as the human body and this is why chocolate melts in the mouth.



Another Swiss man, Daniel Peter, experimented for eight years before he finally produced the first milk chocolate in 1875. Milk chocolate is not as bitter as dark chocolate. Daniel Peter and his friend Henri Nestlé mixed condensed milk with chocolate.

<i>squeeze</i>	auspressen
<i>liquid</i>	Flüssigkeit
<i>solid</i>	fest
<i>mould</i>	Gussform
<i>chocolate bar</i>	Schokoriegel/ Tafel Schokolade
<i>smooth</i>	geschmeidig/glatt
<i>glossy</i>	glänzend

The inventors of milk chocolate

François-Louis Cailler



François-Louis Cailler was born in 1796. He tasted Italian chocolate at a local *fair* and then went to Italy for four years and learned how to make chocolate. When he returned to Switzerland, he built the first Swiss chocolate factory near Vevey. He was the first person in the world to produce *chocolate bars*. Chocolate was now cheaper and people who were not so rich could also *afford* to buy a bar of chocolate. In 1825, he opened a second factory. Later on, he sold this factory to his son-in-law Daniel Peter. François-Louis Cailler died in 1852.

Daniel Peter and Henri Nestlé



Daniel Peter was born in 1836 in Moudon. In 1863, he married the eldest daughter of François-Louis Cailler, a chocolate maker. In 1867, Daniel Peter *founded* the Peter-Cailler Company. But the business wasn't very successful. That's why he and his friend Henri Nestlé started to experiment with a combination of milk and chocolate. In 1887, they made a smooth milk chocolate called Gala Peter. In 1901, Daniel Peter built a chocolate factory in Orbe. It is still working today. Daniel Peter died in 1919.

<i>fair</i>	Jahrmarkt
<i>chocolate bar</i>	Schokoriegel/Tafel Schokolade
<i>afford</i>	sich leisten können
<i>found</i>	gründen