

focus on COCOA focus on COCOA

3 MAIN TYPES OF COCOA

The primary ingredient in chocolate is cocoa, which comes from the Theobroma Cacao tree. This remarkable tree has been cultivated for centuries, originally in Mesoamerica, before spreading to other equatorial regions around the globe. While chocolate's delicious taste is universally adored, many people are unaware that there are three main types of cacao, each with its own unique characteristics and role in shaping the chocolate we know and love.

Each variety—Criollo, Forastero, and Trinitario—brings distinct flavor profiles, ranging from fruity and floral to nutty and bold. These differences stem from the beans' genetic makeup, the regions where they are grown, and how they are processed. Together, these three types form the foundation of the chocolate industry, each contributing to different types of products, from everyday candy bars to luxurious gourmet treats.

Criollo is often referred to as the "prince of cocoas" due to its exceptional quality and delicate flavor. In fact, it accounts for less than 5% of the world's cocoa production. Forastero is the workhorse of the cocoa world, dominating the market by contributing about 80% of the world's cocoa supply. Trinitario, as its name suggests, originated in Trinidad as a hybrid between Criollo and Forastero. This variety combines the best of both worlds: the nuanced flavors of Criollo with the durability and higher yield of Forastero. Representing around 10-15% of global cocoa production.



Criollo cocoa is one of the rarest and most sought-after cocoa varieties in the world, primarily cultivated in Central and South America, as well as select regions of the Caribbean. Renowned for its exceptional quality, Criollo is celebrated for its smooth, complex flavor profile that sets it apart from other cocoa types.

This ancient variety dates back to the pre-Columbian era and is often referred to as the "prince of cocoas." Its beans are lighter in color, with a soft and creamy texture. Criollo's flavor notes can range from subtle hints of nuts and caramel to delicate floral and fruity undertones, depending on the specific region where it is grown. However, its cultivation presents significant challenges: the trees produce low yields and are highly susceptible to diseases, contributing to its rarity and premium cost.

Criollo cocoa is a favorite among artisanal and luxury chocolate makers. Its beans are often reserved for crafting gourmet chocolate bars, fine truffles, and other high-end confectionery. Despite accounting for only a small fraction of global cocoa production, Criollo's unique characteristics make it a prized ingredient in the world of fine chocolate.



Forastero cocoa is the backbone of the global chocolate industry, accounting for approximately 80% of the world's cocoa production. Known for its bold and robust flavor, Forastero is a versatile variety with flavor profiles that range from mildly bitter to sharply acidic, depending on its growing conditions. Its primary cultivation takes place in West Africa, which supplies over two-thirds of the world's cocoa.

The beans of the Forastero variety are dark, dense, and durable, making them ideal for large-scale production. They are commonly used in everyday chocolate products, such as cocoa powder, candy bars, and chocolate chips. While Forastero is often perceived as a more utilitarian cocoa type, its widespread use underlines its importance in making chocolate affordable and accessible worldwide.



Trinitario cocoa, a hybrid born from the union of Criollo and Forastero varieties, emerged in Trinidad during the mid-18th century. Today, it is cultivated across the Caribbean, Central and South America, and parts of Africa, contributing to roughly 10% of global cocoa production.

This hybrid variety is cherished for its diverse and nuanced flavor profile, which blends the delicate, fruity notes of Criollo with the bold, earthy tones of Forastero. Depending on its origin and processing, Trinitario cocoa can deliver flavors ranging from bright and citrusy to deep and nutty, making it a favorite among premium chocolate makers.

Trinitario beans are medium to dark in color with a smooth, pliable texture, ideal for crafting high-quality chocolate. Renowned brands like Lindt and Toblerone often turn to Trinitario for its balance of complexity and consistency. Ist adaptability has made Trinitario a rising star in the chocolate world. With the growing appreciation for its unique characteristics, both chocolate artisans and consumers are embracing its rich versatility in crafting everything from fine bars to gourmet confections.