



New at Theo: Chocolate Academy

Come take a class on chocolate! Treat yourself, treat a friend to a class in Theo's Chocolate Academy: now our award-winning chocolatiers and chocolate experts will teach you the science behind the cacao bean, chocolate's history and culture, the secrets of making fine chocolate, and all its culinary uses. And of course, there's plenty of Theo chocolate to eat in every class. **Register today for one of our twelve unique classes, or take them all!**

Series 1: Chocolate Science

Learn the science behind the flavor and health benefits of this complex fruit.

CHOC 101: The Real Thing CHOC 102: Sinful *and* Good for You? CHOC 103: Chocolate for Nerds

Series 2: Chocolate in the World

Journey through the history, culture, and economics of the global cacao and chocolate industries.

CHOC 201: History of Chocolate CHOC 202: Journey to Africa CHOC 203: Inside the Industry

Series 3: Art of Chocolate Making

Learn the secrets of making bar chocolate, confections, and drinks.

CHOC 301: Factory Secrets CHOC 302: Beyond the Bar CHOC 303: Homemade Chocolate

Series 4: Chocolate Connoisseur

Delve into the sensations of eating chocolate, its culinary uses, and more creative realms!

CHOC 401: All Things Chocolate CHOC 402: Chocolate Indulgence CHOC 403: Exotic Erotic

April 1 – June 17
Wednesdays, 6:30-8:30pm
3400 Phinney Ave N.

Cost: \$30 per class
(+\$10 materials fee for each class in Series 3 & 4)
Save 10%: Take any 3 classes for \$80 (+materials fee if applicable)

To register call 206-632-5100 and dial option 2 to speak with a Theonista, or email info@theochocolate.com with the subject line CHOCOLATE ACADEMY

Certifications

- Complete a full series and earn a **certificate of expertise** for that theme
- Complete all twelve classes and earn a **Theo Degree in Chocolatology**
- **Save 15%: register for all** Chocolate Academy classes for \$350 per person, all inclusive

Dates, instructors, and class descriptions are below



Series 1: Chocolate Science

- CHOC 101 The Real Thing: Chocolate vs. Mockolate
CHOC 102 Sinful *and* Good for You?: The Science behind the Chocolate Paradox
CHOC 103 Chocolate for Nerds: Biochemistry of Flavor

Certification: Chocolate Scientist

- CHOC 101 The Real Thing is an unequivocal and provocative statement about what constitutes Real Chocolate. Based on chemical analyses of cacao beans and chocolate, and drawing on the latest methods for analyzing the taste and smell of chocolate, this class explores the chemical intricacies of high quality chocolate and relegates the rest to the realm of “mockolate”. Dr. McShea also answers your questions about chocolate craving – is it *really* addictive? – and sheds light on our physiological responses to chocolate. This class includes a sampling of Theo’s most recent products-in-development, which represent the creativity, innovation, and fine quality of the contemporary chocolate industry.
Date: April 1
Instructor: Dr. Andy McShea, Theo Chief Operating Officer & Head Scientist
- CHOC 102 Sinful *and* Good for You? is a scientific examination of recent claims around chocolate’s health benefits. Focusing on the role of antioxidants in health and aging as well as chemical analyses of antioxidant levels in different foods, Sinful *and* Good for You? helps us to understand the real health benefits of chocolate and gives guidelines for healthy chocolate consumption. This class includes a vivid scientific demonstration of the chemical oxidation process as well as a tasting of foods that are high in antioxidants – including chocolate, of course.
Date: April 8
Instructor: Dr. Andy McShea, Theo Chief Operating Officer & Head Scientist
- CHOC 103 Chocolate for Nerds offers an in-depth look at the fermentation process of cacao and its relationship to flavor. It explains the chemical intricacies of chocolate’s unique and complex flavor, exploring how it develops through fermentation and later stage processing. It also discusses the genetics of different cacao varieties, making this the class for anyone who wants to know why chocolate from Ghana tastes different to chocolate from Venezuela. The tasting event that follows includes a sampling of well and badly fermented cacao, as well as a range of single-origin bars, to experience the flavor differences that develop from local fermentation processes.
Date: April 15
Instructor: Dr. Andy McShea, Theo Chief Operating Officer & Head Scientist



Series 2: Chocolate in the World

- CHOC 201 History of Chocolate: From Amazonia to Fremont
CHOC 202 Journey to Africa: Life among the Cacao Farmers
CHOC 203 Inside the Industry: The Economics of a Chocolate Bar

Certification: World Expert in Chocolate

CHOC 201 History of Chocolate takes you through the evolution of chocolate as a food, tracing the major developments of its processing into edible forms: its original attraction as a fruit to humans; its role in the ancient Mayan and Aztec civilizations; its adoption and industrialization by Europeans; and today's industry return to artisanal and craft production. This class brings alive the spicy history of chocolate with a sampling of Theo's handmade reproduction of ancient Aztec and Mayan cacao drinks and a 17th century European medicinal chocolate recipe. You will leave this class with an understanding of how chocolate transformed over the ages from a bean on a tree to the luxurious treat that we enjoy so much today.

Date: April 22

Instructor: Dr. Kristy Leissle, Dean of Beans, Chocolate Academy

CHOC 202 Journey to Africa takes you to the origins of chocolate: the farms of West Africa, currently the world's largest cacao-producing region. Based on original doctoral research, this class explores the history of cacao in West Africa and contemporary farming practices in that region. With so much industry attention focused on chocolate's culinary history in Latin America, this class offers unique insights into the culture of chocolate among West African cacao farmers, a topic that has been little explored elsewhere. Our journey in this class includes a sampling of traditional West African foods from Pan Africa Market restaurant as well as Theo's single-origin African bars and confections.

Date: April 29

Instructor: Dr. Kristy Leissle, Dean of Beans, Chocolate Academy

CHOC 203 Inside the Industry is a survey of the economics of the cacao-chocolate trade and related industries. We begin by delving into the ethical history of cacao production from an economic perspective – from slave plantations to industry philanthropy. We then turn our attention to understanding the price of chocolate and other cacao-derived products. We conclude with a discussion of fair trade, and its importance to cacao farmers and chocolate consumers alike. To experience the economics of chocolate in an edible way, we'll sample of a range of chocolates from "mockolate" to fine confections.

Date: May 6

Instructor: Dr. Kristy Leissle, Dean of Beans, Chocolate Academy



Series 3: Art of Chocolate Making

CHOC 301 Factory Secrets: The Machines behind Chocolate

CHOC 302 Beyond the Bar: Making Ganache & Confections

CHOC 303 Homemade Chocolate: Reviving an Ancient Tradition

Certification: Chocolate Artisan

CHOC 301 Factory Secrets takes you across that yellow and black line on the factory floor – the one you can't cross in the tours! – for an in-depth look at our machinery and the process of making bar chocolate. Our chief engineer will take you through hands-on demonstrations of exactly how each of our chocolate machines works. You'll see the de-stoner cleaning cacao beans straight from the farms, try your own hand at the roaster, and watch the process of roll refining and the warm chocolate flake that it makes. You will leave Factory Secrets knowing how fine quality chocolate is made, Theo style. You'll also get to sample chocolate at its various stages of processing, from unroasted bean to final bar.

Date: May 13

Instructors: Erin Holzer, Theo Chief Engineer and Nathan Palmer-Royston, Theo Researcher and Product Developer

CHOC 302 Beyond the Bar takes you through the art of making ganache and enrobing confections, for you to replicate at home! If you have ever taken the tour through Theo's kitchen and wanted to learn more about the beautiful process of table tempering, how flavors are infused into ganache, or how confections are enrobed and decorated, then this is the class for you. Our talented chocolatiers – the ones who invent all those exquisite confections – will take you through a step-by-step demonstration of how to make a perfect chocolate confection and let you experience the process. And of course, you'll get to sample the results.

Date: May 20

Instructors: Steve Popplewell and Becky Douville, Theo Chocolatiers

CHOC 303 Homemade Chocolate is a workshop on that divine secret – how to make chocolate yourself. In its earliest forms, chocolate was made by hand using a traditional tool called a molillo. Even without a molillo, however, it is possible to make chocolate at home right from the beans or nibs. This class will guide you through the steps of roasting, milling, and tempering on a scale that can be reproduced in your own kitchen. It might not taste like a Theo bar, but it will be chocolate of your own creation. Become a chocolate maker yourself!

Date: May 27

Instructor: Nathan Palmer-Royston, Theo Researcher and Product Developer



Series 4: Chocolate Connoisseur

- CHOC 401 All Things Chocolate: The Fine Art of Tasting
CHOC 402 Chocolate Indulgence: Pairings, Meals, and More
CHOC 403 Exotic Erotic: Things to Do with Chocolate on a Friday Night

Certification: Chocolate Connoisseur

CHOC 401 All Things Chocolate is a workshop on the art of appreciating fine chocolate. Chocolate today comes in many different forms and flavors: bars, confections, sipping drinks hot or cold, single-origin, spicy, sweet – you name it, Theo makes it. Each form, texture, and flavor has its own place in the meal, or in the course of the day. In this class, you will begin with an immersion in chocolate’s range of flavors and mouth-feel. Then, you’ll learn the intricacies of selecting a fine piece of chocolate. By the end, you will know how to choose the perfect chocolate for any taste or event, and will leave with an appreciation of its finest subtleties.

Date: June 3

Instructor: Autumn Martin, Theo Head Chocolatier

CHOC 402 Chocolate Indulgence takes you beyond the “known” of chocolate bars and sweet confections to new frontiers of savory pairings and chocolate meals. Ever wonder how to select the right wine to go with chocolate? If you can really pair chocolate with beer? How about planning and cooking a whole chocolate meal? Chocolate Indulgence will guide you through exquisite pairings of chocolate with savory foods and drinks, and then our expert chefs will demonstrate the preparation of a meal based entirely on chocolate. In addition to all the tastings, you’ll leave with a new set of recipes that will make your next dinner party a real indulgence.

Date: June 10

Instructors: Chad Fuhreck, Theo Chocolatier and Adrian Claybourne, Theo Chocolatier and author of *After the Tour*

CHOC 403 Exotic Erotic brings a racy edge to the experience of chocolate by imagining the ways it can be used beyond simply eating it. This workshop begins with a discussion of the benefits of chocolate and cocoa butter for the skin and body. It continues with a hands-on demonstration of Sweet Beauty chocolate spa products: you’ll experience the luxuries of chocolate lotion, facial masks, scrubs, and lip balm. Then, you’ll move to an entirely different kind of chocolate experience as our sexy instructors demonstrate how chocolate can be used in more ... creative ways: body painting, sensual eating, and more. Once you’ve been to this class, you will never look at chocolate in quite the same way again.

Date: June 17

Instructors: Lisa Francoise, founder of Sweet Beauty Skin Care Products, Babeland staff, and Autumn Martin, Theo Head Chocolatier