



# The True History of Chocolate

By Sophie D. Coe, Michael D. Coe

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**The True History of Chocolate** By Sophie D. Coe, Michael D. Coe

**“A beautifully written . . . and illustrated history of the Food of the Gods, from the Olmecs to present-day developments.”?Chocolatier**

This delightful tale of one of the world’s favorite foods draws on botany, archaeology, and culinary history to present a complete and accurate history of chocolate.

It begins some 4,000 years ago in the jungles of Mexico and Central America with the chocolate tree, *Theobroma Cacao*, and the complex processes necessary to transform its bitter seeds into what is now known as chocolate. This was centuries before chocolate was consumed in generally unsweetened liquid form and used as currency by the Maya and the Aztecs after them. The Spanish conquest of Central America introduced chocolate to Europe, where it first became the drink of kings and aristocrats and then was popularized in coffeehouses. Industrialization in the nineteenth and twentieth centuries made chocolate available to all, and now, in our own time, it has become once again a luxury item.

The third edition includes new photographs and revisions throughout that reflect the latest scholarship. A new final chapter on a Guatemalan chocolate producer, located within the Pacific coastal area where chocolate was first invented, brings the volume up-to-date.

97 illustrations, 13 in color

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## **Editorial Review**

### **About the Author**

Sophie D. Coe was an anthropologist and food historian. Her book *America's First Cuisines* was published in 1994 to universal acclaim.

Michael D. Coe is Professor Emeritus of Anthropology at Yale University. His books include *The Maya, Mexico, Breaking the Maya Code, Angkor and the Khmer Civilization, and Reading the Maya Glyphs*. He lives in New Haven, Connecticut.

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