

Viennoise Sponge

Ingredients	Quantity	Cost (SGD)	% of Total
Egg Yolks	50g	\$0.15	7.1%
Eggs	134g	\$0.61	28.9%
Castor Sugar (1)	105g	\$0.44	20.7%
Egg Whites	83g	\$0.18	8.7%
Castor Sugar (2)	33g	\$0.14	6.5%
Flour	53g	\$0.09	4.2%
Butter (melted)	24g	\$0.42	20%
Cream	16g	\$0.08	3.8%

Total Single Portion Whole Recipe Cost \$0.11 \$2.10	_
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- 1. Whip egg yolks, eggs and sugar (1) like a sabayon without heating.
- 2. Melt butter and fold onto previous sabayon mixture.
- 3. Beat a meringue using egg whites and sugar (2).
- 4. Gently fold meringue into the sabayon mixture.
- 5. Finished with sifted flour and spread 700g onto a tray lined with a silicon mat.
- 6. Bake at 200°C for 4-5 minutes and place directly onto a sheet of baking paper.

Nutrition Facts

Serving Size 24.9g Servings Per Container 20

Servings Per Container 20			
Amount Des Convins			
Amount Per Serving			
Calories 70 Calo	ories From Fat	25	
	% Daily	/ Value	
Total Fat 2.5g		4%	
Saturated Fat 1g		6%	
Trans Fat 0g			
Cholesterol 65mg 21%			
Sodium 25mg 1%			
Total Carbohydrate 9g 3%			
Dietary Fiber 0g 0%			
Protein 2g			
Vitamin A 4%	Vitamin C	0%	
Calcium 0%	Iron	2%	
* Percent Daily Values are based on a 2000 calorie diet.			



Caramel Pieces

Ingredients	Quantity	Cost (SGD)	% of Total
Castor Sugar	125g	\$0.52	15.4%
Inverted Sugar	125g	\$0.66	19.6%
Unsated Butter	125g	\$2.19	64.9%
Salt	3g		0.1%

Total	Single Portion	Whole Recipe
Cost	\$0.10	\$3.37

- I. Melt inverted sugar with sugar and leave to caramelize in a saucepan. Add butter and stir.
- 2. Boil again to melt small caramel pieces.
- 3. Pour onto tray silpat.
- 4. Leave to cool before breaking caramel into pieces.

Nutrition Facts

Serving Size 10.8g Servings Per Container 35

Amount Per Serving Calories 50 Calories From Fat 25 % Daily Value Total Fat 3g 4% Saturated Fat 2g 9% Trans Fat Cholesterol 10mg 3% 3% Sodium 65mg Total Carbohydrate 2% Dietary Fiber 0g 0%

Protein 0g

Vitamin A 2% Vitamin C 0%

Calcium 0% Iron 0%

Berries Jelly

Ingredients	Quantity	Cost (SGD)	% of Total
Raspberry Puree	140g	\$1.75	57.4%
Strawberry Puree	140g	\$0.97	31.9%
Castor Sugar	35g	\$0.15	4.8%
Gelatin Masse	18g	\$0.18	6%

Total	Single Portion	Whole Recipe
Cost	\$ 0.31	\$3.05

- 1. Weight purees and leave to defrost in refrigerator overnight.
- 2. Heat 1/3 of total purees with sugar and gelatin masse.
- 3. Add remaining puree and pour into desired mould.
- 4. Freeze it.

Nutrition Facts

Serving Size 33.3g Servings Per Container 10

Amount Per Serving Calories 35 Calories From Fat 0 % Daily Value Total Fat 0g 0% Saturated Fat 0g 0% Trans Fat Cholesterol 0mg 0% Sodium 0mg 0% Total Carbohydrate 2% Dietary Fiber 1g 2% Protein 1g

Vitamin A 0% Vitamin C 0%
Calcium 0% Iron 0%

^{*} Percent Daily Values are based on a 2000 calorie diet.

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Milk Carmelo Soft Ganache

Ingredients	Quantity	Cost (SGD)	% of Total
Milk	212.5g	\$ 0.53	14 .7%
Cream	45g	\$ 0.23	6.2%
Glucose	62g	\$ 0.35	9.8%
Pâtissier Chocolate Artisan Dark 70% Chocolate	58g	\$ 0.52	14.4%
Pâtissier Chocolate Artisan Milk 40% Carmelo Chocolatier	137g	\$ 1.99	54 .9%

- I. Boil Milk and Glucose.
- 2. Add Cream to Pâtissier Chocolate Artisan Dark 70% Chocolate and Pâtissier Chocolate Artisan Milk 40% Carmelo Chocolatier.
- 3. Pass through the immersion blender until smooth.
- 4. Mix in caramel pieces.
- 5. Fill piping bag.

Nutrition Facts Serving Size 51.5g Servings Per Container 10

Servings Per Container 10				
Amount Per Serving				
Calories 160 Calorie	s From Fat	90		
	% Daily	Value		
Total Fat 10g		15%		
Saturated Fat 6g		29%		
Trans Fat 0g				
Cholesterol 10mg 4%				
Sodium 20mg 1%				
Total Carbohydrate	16g	5%		
Dietary Fiber 1g 3%				
Protein 3g				
Vitamin A 2%	Vitam in C	0%		
Calcium 6%	Iron	4%		

* Percent Daily Values are based on a 2000 calorie diet.



Milk Carmelo Whipped Cream

Ingredients	Quantity	Cost (SGD)	% of Total
Cream	285g	\$1.43	16.9%
Icing Sugar	17g	\$0.05	0.6%
Vanilla Beans	3g	\$4.20	49.8%
Mascarpone	57g	\$0.71	8.4%
Pâtissier Chocolate Artisan Milk 40% Carmelo Chocolatier	115g	\$1.67	19.8%
Pâtissier Chocolate Artisan Dark 72% Chocolatier	28g	\$0.38	4.5%

Total	Single Portion	Whole Recipe
Cost	\$0.84	\$8.43

١.	Put Pâtissier Chocolate Artisan Milk 40% Carmelo, Dark 72%
	Chocolatier and mascarpone in a bowl.

- Boil cream, icing sugar and vanilla beans.
- Pour over the chocolate mixture.
- Blend the mixer using hand blender until smooth.

Nutrition Facts Serving Size 50.5g Servings Per Container 10
Amount Per Serving
Calories 210 Calories From Fat 170
% Daily Value
Total Fat 19g 29 %
Saturated Fat 11g 57%
Trans Fat 0g
Cholesterol 40mg 14%
Sodium 30mg 1%
Total Carbohydrate 10g 3%
Dietary Fiber 0g 0%
Protein 2g

0%

Vitamin C

Iron

* Percent Daily Values are based on a 2000

Vitamin A 10%

Calcium



Milk Carmelo Whipped Cream

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Pieces

Berries Jelly

Viennoise Sponge



