



# Be my Heart

Flexi Pan Mould (as per picture)

## Cocoa Nibs Dacquoise

Ingredients	Quantity	Cost (SGD)	% of Total
Icing Sugar	260g	\$0.78	11.4%
Almond Powder	160g	\$2.50	36.5%
Pâtissier Chocolate Artisan Cocoa Nibs	90g	\$1.80	26.3%
Cake Flour	30g	\$0.05	0.7%
Egg Whites	280g	\$0.62	9%
Sugar	90g	\$0.37	5.5%
Icing Sugar	240g	\$0.72	10.5%

Total Cost	Single Portion	Whole Recipe
	\$0.68	\$6.84

### Nutrition Facts

Serving Size 115g  
Servings Per Container 10

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Amount Per Serving

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**Calories 380** Calories From Fat 60

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% Daily Value

<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 3g	<b>14%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 50mg	<b>2%</b>
<b>Total Carbohydrate</b> 68g	<b>23%</b>
Dietary Fiber 2g	<b>6%</b>
<b>Protein</b> 10g	

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Vitamin A 0%	Vitamin C 0%
Calcium 8%	Iron 8%

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

1. Sieve icing sugar, flour, almond power and add Pâtissier Chocolate Artisan Cocoa Nibs together.
2. Make a meringue with egg whites and sugar, then slowly fold in the mixture.
3. Bake at 180°C for 15-20 minutes until crispy and moist.

All stated prices are indicative.



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## Crumble

Ingredients	Quantity	Cost (SGD)	% of Total
Cake Flour	120g	\$0.20	5.1%
Sugar	100g	\$0.42	10.6%
Almond Powder	100g	\$1.56	39.7%
Unsalted Butter	100g	\$1.75	44.6%

Total Cost	Single Portion	Whole Recipe
	\$0.39	\$3.93

- Mix butter, sugar and add both sifted flour and almond powder.
- Bake at 150°C for around 15 minutes.

Nutrition Facts	
Serving Size 42g	
Servings Per Container 10	
Amount Per Serving	
<b>Calories 190</b> Calories From Fat 90	
% Daily Value	
<b>Total Fat</b> 10g	15%
Saturated Fat 5g	26%
Trans Fat 0g	
<b>Cholesterol</b> 20mg	7%
<b>Sodium</b> 85mg	3%
<b>Total Carbohydrate</b> 22g	7%
Dietary Fiber 0g	0%
<b>Protein</b> 5g	
Vitamin A 6%	Vitamin C 0%
Calcium 6%	Iron 8%
* Percent Daily Values are based on a 2000 calorie diet.	

## Top Crumble

Ingredients	Quantity	Cost (SGD)	% of Total
Crumble	100g	\$0.93	41.8%
Pâtissier Chocolate Artisan Dark 58% Chocolate	60g	\$0.67	30.1%
Feuillantine	40g	\$0.63	28.1%

Total Cost	Single Portion	Whole Recipe
	\$0.22	\$2.23

- Melt Pâtissier Chocolate Artisan Dark 58% Chocolate and mix with the rest of ingredients.
- Spread over the dacquoise then chill for a while.

Nutrition Facts	
Serving Size 20g	
Servings Per Container 10	
Amount Per Serving	
<b>Calories 100</b> Calories From Fat 45	
% Daily Value	
<b>Total Fat</b> 4.5g	7%
Saturated Fat 4g	21%
Trans Fat 0g	
<b>Cholesterol</b> 5mg	2%
<b>Sodium</b> 25mg	1%
<b>Total Carbohydrate</b> 11g	4%
Dietary Fiber 1g	2%
<b>Protein</b> 2g	
Vitamin A 2%	Vitamin C 0%
Calcium 2%	Iron 4%
* Percent Daily Values are based on a 2000 calorie diet.	

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## Basil Cremeux

Ingredients	Quantity	Cost (SGD)	% of Total
Strawberry Puree	250g	\$1.74	18.7%
Sugar	50g	\$0.21	2.2%
Egg Yolks	40g	\$0.12	1.3%
Gelatin Masse	25g	\$0.22	2.3%
Unsalted Butter	80g	\$1.40	15.1%
Basil Leave	80g	\$5.60	60.3%

Total Cost	Single Portion \$0.93	Whole Recipe \$9.28
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1. Make vanilla sauce with strawberry puree, sugar and egg yolks to 82°C before adding in masse gelatin and chopped basil leave.
2. When mixture cool to 40-45°C, add in room temperature butter with hand blender for emulsion. It will be ready to be freeze for insert.

Nutrition Facts	
Serving Size 52.5g	
Servings Per Container 10	
Amount Per Serving	
<b>Calories</b> 110	Calories From Fat 70
% Daily Value	
<b>Total Fat</b> 8g	12%
Saturated Fat 4.5g	22%
Trans Fat 0g	
<b>Cholesterol</b> 70mg	23%
<b>Sodium</b> 70mg	3%
<b>Total Carbohydrate</b> 9g	3%
Dietary Fiber 0g	0%
<b>Protein</b> 1g	
Vitamin A 15%	Vitamin C 2%
Calcium 2%	Iron 2%
* Percent Daily Values are based on a 2000 calorie diet.	

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## Red Spray

Ingredients	Quantity	Cost (SGD)	% of Total
Pâtissier Chocolate Artisan Scarlet Red Cocoa Butter	110g	\$6.60	79.9%
Pâtissier Chocolate Artisan White 32% Couverture	200g	\$1.66	20.1%
Red Powder Colouring	As Desired		

Total Cost	Single Portion \$0.15	Whole Recipe \$7.66

### Nutrition Facts

Serving Size 3g  
Servings Per Container 100

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Amount Per Serving

**Calories 20**    **Calories From Fat 20**

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% Daily Value

**Total Fat** 2g 3%

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Saturated Fat 1g 6%

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Trans Fat 0g

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Cholesterol 0mg 0%

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Sodium 0mg 0%

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**Total Carbohydrate** 1g 0%

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Dietary Fiber 0g 0%

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**Protein** 0g

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Vitamin A 0%    Vitamin C 0%

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Calcium 0%    Iron 0%

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

- Melt Pâtissier Chocolate Artisan White 32% Couverture and Pâtissier Chocolate Artisan Scarlet Red Cocoa Butter, mix well and it will be ready to spray, possible even adding red powder coloring for a better red shade.

All stated prices are indicative.

