



CARMELO CREMEUX

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Ingredients	Quantity	Cost (SGD)	% of Total
Cream	1.5 kg	\$7.67	40.4%
Milk	209g	\$0.52	2.8%
Sea Salt	4g	\$0.02	0.1%
Masse Gelatin	39g	\$1.98	10.5%
Pâtissier Chocolate Artisan Carmelo 40% Chocolatier	529g	\$7.68	40.5%
Pâtissier Chocolate Artisan Dark 74% Couverture	83g	\$1.10	5.8%
Total Cost	Single Portion \$0.24	Whole Recipe \$18.98	

- Place masse gelatin, Pâtissier Chocolate Artisan Carmelo 40% Chocolatier and Pâtissier Chocolate Artisan Dark 74% Couverture in a bowl.
- Boil cream, milk and sea salt then pour into the chocolate.
- Blend it using hand blender to get a smooth texture.
- Chill overnight and ready to whip the next day.

CHOCOLATE MADELEINE SPONGE

Ingredients	Quantity	Cost (SGD)	% of Total
Butter	240g	\$4.2	61%
Sugar	200g	\$0.83	12.1%
Brown Sugar	48g	\$0.2	2.9%
Eggs	256g	\$1.16	16.8%
All Purpose Flour	200g	\$0.34	4.5%
Baking Powder	8g	\$0.08	1%
Pâtissier Chocolate Artisan Cocoa Powder 22/24	48g	\$0.72	9.6%
Total Cost	Single Portion \$0.08	Whole Recipe \$7.52	

- Cream the butter with sugar, add Brown sugar then the eggs.
- Incorporate the flour, baking powder and Pâtissier Chocolate Artisan Cocoa Powder 22/24 sifted.
- Pipe into the 18cm mould.
- Bake at 180c for around 12 mins.

Nutrition Facts

Serving Size 30.0g	
Servings Per Container 80	
Amount Per Serving	
Calories 110	Calories From Fat 90
% Daily Value	
Total Fat 10g	16%
Saturated Fat 6g	31%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 3g	
Cholesterol 30mg	9%
Sodium 35mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Protein 1g	
Vitamin A 6%	Vitamin C 0%
Calcium 4%	Iron 2%
* Percent Daily Values are based on a 2000 calorie diet.	

Nutrition Facts

Serving Size 10.0g	
Servings Per Container 100	
Amount Per Serving	
Calories 40	Calories From Fat 20
% Daily Value	
Total Fat 2.5g	4%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat .5g	
Cholesterol 15mg	5%
Sodium 30mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Protein 1g	
Vitamin A 2%	Vitamin C 0%
Calcium 0%	Iron 2%
* Percent Daily Values are based on a 2000 calorie diet.	

All stated prices are indicative.



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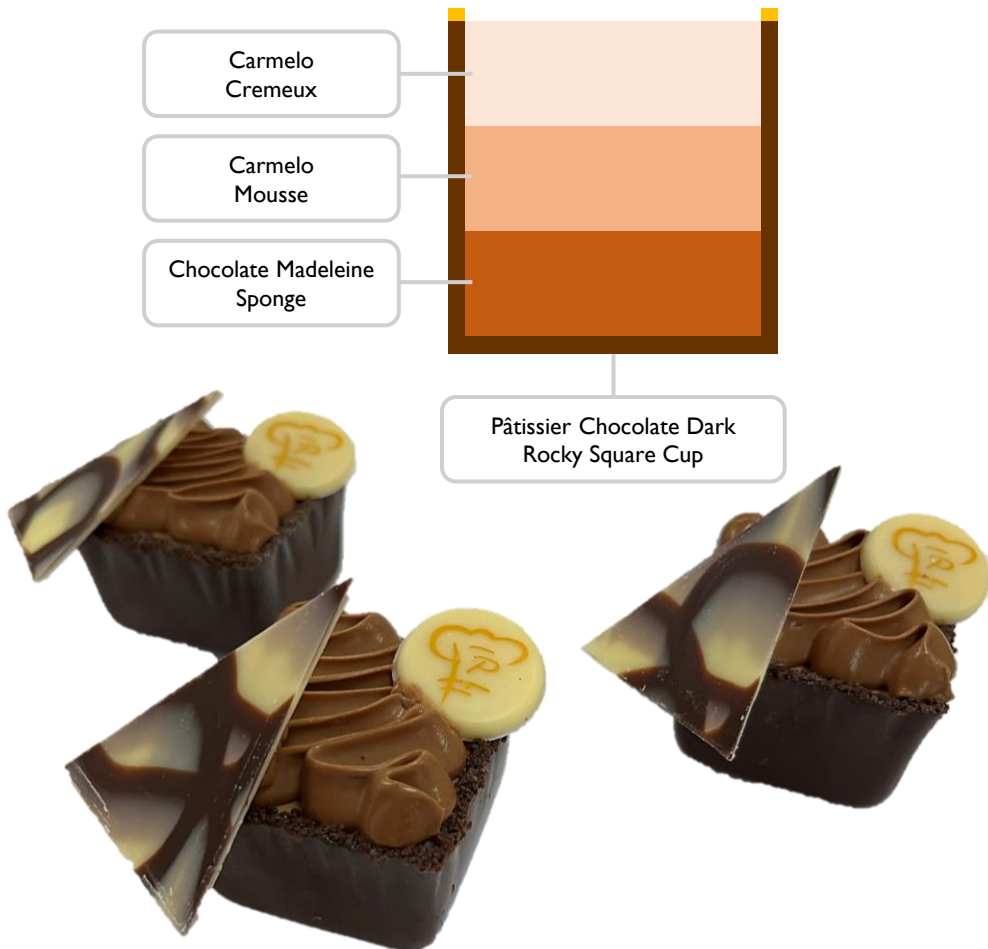
CARMELO MOUSSE

Ingredients	Quantity	Cost (SGD)	% of Total
Milk	157g	\$0.39	5.4%
Pâtissier Chocolate Artisan Carmelo 40% Chocolatier	277g	\$4.03	55%
Cream	544g	\$2.72	37.2%
Masse Gelatine	20g	\$0.17	2.4%
Total Cost	Single Portion \$0.22	Whole Recipe \$7.32	

Nutrition Facts

Serving Size 12.0g	
Servings Per Container about 54	
Amount Per Serving	
Calories 45	Calories From Fat 35
% Daily Value	
Total Fat 4g	6%
Saturated Fat 2.5g	12%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 1g	
Cholesterol 10mg	3%
Sodium 5mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Protein 0g	
Vitamin A 2%	Vitamin C 0%
Calcium 2%	Iron 0%
* Percent Daily Values are based on a 2000 calorie diet.	

1. Boil milk and pour into Pâtissier Chocolate Artisan Carmelo 40% Chocolatier and masse gelatine.
2. Blend well. Whip the cream and fold in.



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