



The Forca Millefeuille

Millefeuille

Ingredients	Quantity	Cost (SGD)	% of Total
Cake Flour	450g	\$1.49	12.3%
Bread Flour	50g	\$0.15	1.2%
Salt	12g	\$0.01	0.1%
Water	193g	\$0.00	0%
Unsalted Butter	150g	\$2.63	21.8%
Extra Dry Butter (Folding)	250g	\$7.47	62.1%
Pâtissier Chocolate Artisan 22-24% Cocoa Powder	20g	\$0.30	2.5%

Total Cost	Single Portion \$1.20	Whole Recipe \$12.04
------------	-----------------------	----------------------

Nutrition Facts	
Serving Size 26g	
Servings Per Container 20	
Amount Per Serving	
Calories 150	Calories From Fat 90
% Daily Value	
Total Fat 10g	15%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 15mg	1%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	0%
Protein 1g	
Vitamin A 0%	Vitamin C 2%
Calcium 4%	Iron 0%
* Percent Daily Values are based on a 2000 calorie diet.	

1. Knead in mixer bowl with hook, both flours and salt then add water progressively to obtain a smooth texture.
2. Add the melted cold butter into the dough then form a round ball then cross on top.
3. Rest for 30 minutes outside then flatten and freeze for at least 1 hours before processing with the 5 single turns with extra dry butter and mix with Pâtissier Chocolate Artisan 22-24% Cocoa Powder.
4. Start rolling the puff pastry at 0.5 mm then ready to start the baking between two trays to flatten.
5. Bake at 200°C for 20 to 30 minutes and dust with icing to caramelized the puff pastry and obtain a perfect color. Cool aside before cutting.

All stated prices are indicative.



The Forca Millefeuille

Single Origin Peru Cremeux

Ingredients	Quantity	Cost (SGD)	% of Total
Cream	450g	\$2.25	27.9%
Inverted Sugar	25g	\$0.13	1.6%
Demerara Sugar	45g	\$0.44	5.5%
Pâtissier Chocolate Artisan Single Origin Peru Dark 70% Couverture	350g	\$5.25	65%
Sea Salt	1g	\$0.00	0%

Total Cost	Single Portion	Whole Recipe
	\$0.40	\$8.08

Nutrition Facts	
Serving Size 43.5g	
Servings Per Container 20	
Amount Per Serving	
Calories 190	Calories From Fat 140
% Daily Value	
Total Fat 15g	24%
Saturated Fat 10g	48%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 30mg	1%
Total Carbohydrate 10g	3%
Dietary Fiber 0g	0%
Protein 2g	
Vitamin A 8%	Vitamin C 0%
Calcium 2%	Iron 0%
* Percent Daily Values are based on a 2000 calorie diet.	

1. Boil cream, inverted sugar and demerara sugar then pour over Pâtissier Chocolate Artisan Single Origin Peru Dark 70% Couverture.
2. Using hand blender with sea salt to smooth the cremeux.
3. Store for a few hours for a perfect texture to pipe on the millefeuille.

All stated prices are indicative.

The Forca Millefeuille

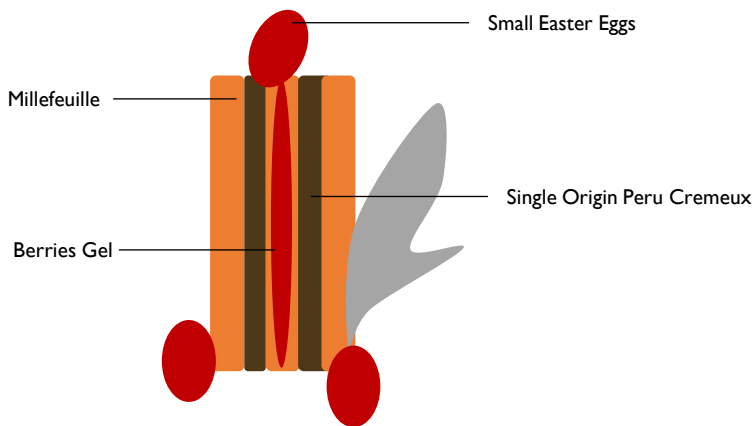
Berries Gel

Ingredients	Quantity	Cost (SGD)	% of Total
Raspberry Puree	140g	\$1.75	57.4%
Strawberry Puree	140g	\$0.97	31.9%
Sugar	35g	\$0.15	4.8%
Gelatin Masse	18g	\$0.18	6%
Mineral Water	30g	\$0.00	0%

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

Nutrition Facts	
Serving Size 18.1g	
Servings Per Container 20	
Amount Per Serving	
Calories 20	Calories From Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%
* Percent Daily Values are based on a 2000 calorie diet.	

1. Weight purees and leave to defrost in refrigerator overnight.
2. Heat 1/3 of total purees with sugar, water and gelatin masse.
3. Add remaining puree and pour into desired mold.
4. Freeze it then will be display into the center of the millefeuille



All stated prices are indicative.