



Tropics Garden

Coconut Almond Sponge

Ingredients	Quantity	Cost (SGD)	% of Total
Almond Powder	150g	\$5.70	59.7%
Icing Sugar	150g	\$0.45	4.7%
Egg Yolks	130g	\$0.39	4.1%
Egg Whites (1)	90g	\$0.20	2.1%
Egg Whites (2)	300g	\$0.66	6.9%
Caster Sugar	180g	\$0.75	7.8%
Cake Flour	130g	\$0.23	2.5%
Shredded Coconut	112g	\$1.16	12.2%

Total Cost	Single Portion \$ 0.48	Whole Recipe \$9.54
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Nutrition Facts

Serving Size 62.1g	
Servings Per Container 20	
Amount Per Serving	
Calories 200	Calories From Fat 80
% Daily Value	
Total Fat 9g	14%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 40mg	2%
Total Carbohydrate 19g	6%
Dietary Fiber 1g	6%
Protein 6g	
Vitamin A 4%	Vitamin C 0%
Calcium 4%	Iron 4%
* Percent Daily Values are based on a 2000 calorie diet.	

1. Put the almond powder, caster sugar, egg yolk and egg white (1) into the mixing bowl and stir until it is shiny, and the satin gradually disappears.
2. Whisk the egg white and suga (2) together make a meringue and then mix well.
3. Sift the flour mix with shredded coconut and mix in the meringue
4. Pour into the baking tray, 180°C, and bake for 10-12 minutes.

All stated prices are indicative.



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Mango Curd

Ingredients	Quantity	Cost (SGD)	% Of Total
Mango puree	306g	\$3.52	25.2%
Lemon juice	26g	\$0.18	1.3%
Caster sugar	40g	\$0.17	1.2%
Pâtissier Chocolate Artisan White 32% Couverture	80g	\$0.96	6.9%
Eggs	333g	\$1.51	10.8%
Gelatin sheets	10g	\$0.00	4.4%
Soft butter	400g	\$7.00	50.2%

Total Cost	Single Portion \$ 0.70	Whole Recipe \$13.94
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Nutrition Facts

Serving Size 59.8g
Servings Per Container 20

Amount Per Serving

Calories 220 **Calories From Fat** 170

% Daily Value

Total Fat 19g **30%**

Saturated Fat 12g **58%**

Trans Fat 0g

Cholesterol 115mg **38%**

Sodium 190mg **8%**

Total Carbohydrate 8g **3%**

Dietary Fiber 0g **0%**

Protein 3g

Vitam in A 15% Vitam in C 2%

Calcium 2% Iron 2%

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

1. Mix mango puree and lemon juice to heat.
2. Mix the whole eggs and sugar, and quickly pour in the boiled mango puree.
3. Filter the mixture, boil it back to 85°C, add softened Gelatin sheets and white chocolate to cool quickly.
4. Cool to 45°C, add softened butter, and homogenize evenly.
5. Put 6cm diameter mousse rings on the coconut sponge then piping inside.
6. This recipe can make 40 portions 6cm diameter mousse rings.

All stated prices are indicative.



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Coconut Creamy

Ingredients	Quantity	Cost (SGD)	% of Total
Cream (1)	300g	\$1.50	24%
Glucose	30g	\$0.17	2.4%
Invert Sugar	30g	\$0.16	2.4%
Pâtissier Chocolate Artisan White 32% Couverture	150g	\$1.80	12%
Cream (2)	574g	\$2.87	47%
Salt	1g	\$0.00	0.8%
Mascarpone	47g	\$0.58	3.8%
Baked shredded coconut	60g	\$0.62	4.9%
Malibu liqueur	35g	\$1.02	2.7%

Total Cost	Single Portion \$0.44	Whole Recipe \$8.73

Nutrition Facts

Serving Size 61.3g	
Servings Per Container 20	
Amount Per Serving	
Calories 230	Calories From Fat 200
% Daily Value	
Total Fat 22g	34%
Saturated Fat 14g	71%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 45mg	2%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	3%
Protein 1g	
Vitamin A 15%	Vitamin C 0%
Calcium 4%	Iron 0%
* Percent Daily Values are based on a 2000 calorie diet.	

1. Heat the cream, invert sugar, glucose, salt.
2. Filter the cream over the melted chocolate and mix it into a lotion.
3. Add mascarpone and the second cold cream mix well. Add the shredded coconut and Malibu liqueur, mix again. Store it in the refrigerator overnight.
4. Whip the coconut creamy piping in the small half ball mould - 20g/portion

All stated prices are indicative.



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Coconut Rice Crunch

Ingredients	Quantity	Cost (SGD)	% of Total
Rice Krispies	102g	\$1.06	18.1%
Baked Shredded coconut	52g	\$0.54	9.2%
Wafer crunchy	52	\$1.13	19.3%
Pâtissier Chocolate Artisan White 32% Couverture	240g	\$2.88	49%
Grape seed oil	10g	\$0.03	0.6%
Lime zest	2g	\$0.23	3.8%

Total Cost	Single Portion	Whole Recipe
	\$0.39	\$5.87

Nutrition Facts

Serving Size 30.5g
Servings Per Container 15

Amount Per Serving

Calories 130 Calories From Fat 90

% Daily Value

Total Fat 10g **15%**

Saturated Fat 6g **29%**

Trans Fat 0g

Cholesterol 5mg **1%**

Sodium 50mg **2%**

Total Carbohydrate 17g **6%**

Dietary Fiber 1g **4%**

Protein 1g

Vitamin A 0% Vitamin C 0%

Calcium 4% Iron 0%

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

1. Melt white chocolate and mix grape seed oil to adjust the temperature.
2. Mixing the remaining raw materials the temperature of controlled at 30°C and put into the 6cm diameter mousse rings for shaping.

All stated prices are indicative.



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Caramel Chocolate Shell

Ingredients	Quantity	Cost (SGD)	% of Total
Pâtissier Chocolate Artisan White 32% Couverture	200g	\$2.40	66%
Pâtissier Chocolate Artisan Cocoa Butter	100g	\$2.10	34%

Total Cost	Single Portion \$0.30	Whole Recipe \$4.50
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1. Bake the chocolate in a 160°C oven for 10 minutes until the surface is gold color.
2. Using the hand blender mixing cocoa butter and chocolate.
3. 31°C use - 15g/pcs

Nutrition Facts

Serving Size 20g	
Servings Per Container 15	
Amount Per Serving	
Calories 140	Calories From Fat 110
% Daily Value	
Total Fat 12g	18%
Saturated Fat 7g	36%
Trans Fat 0g	
Cholesterol 5mg	1%
Sodium 5mg	0%
Total Carbohydrate 7g	2%
Dietary Fiber 0g	0%
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 0%
* Percent Daily Values are based on a 2000 calorie diet.	

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Green Chocolate Spray

Ingredients	Quantity	Cost (SGD)	% of Total
Pâtissier Chocolate Artisan White 32% Couverture	200g	\$2.40	49%
Pâtissier Chocolate Artisan Cocoa Butter	200g	\$4.20	49%
Pâtissier Chocolate Artisan Cyan Green Cocoa Butter	p.s	\$0.79	2%

Total Cost	Single Portion \$0.49	Whole Recipe \$7.39
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Nutrition Facts

Serving Size 26.7g
Servings Per Container 15

Amount Per Serving

Calories 200 **Calories From Fat** 160

% Daily Value

Total Fat 18g **28%**

Saturated Fat 11g **56%**

Trans Fat 0g

Cholesterol 5mg **1%**

Sodium 5mg **0%**

Total Carbohydrate 7g **2%**

Dietary Fiber 0g **0%**

Protein 1g

Vitamin A 0% **Vitamin C** 0%

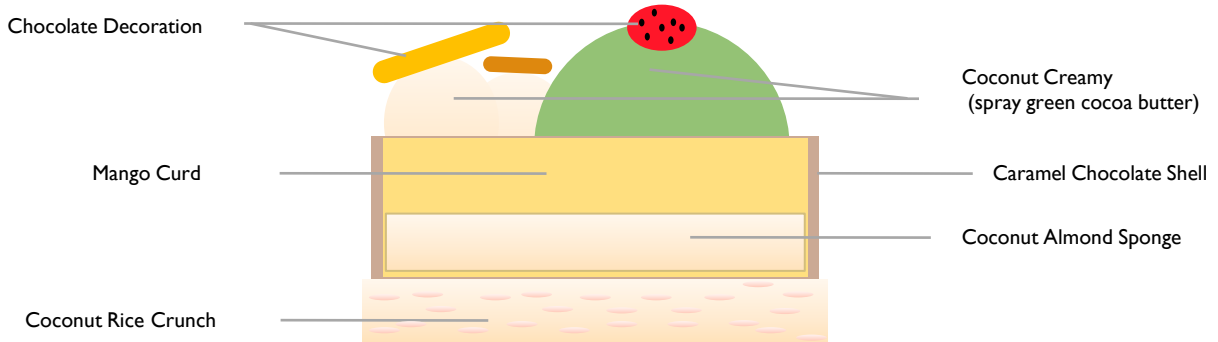
Calcium 2% **Iron** 0%

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

- Mixing all ingredients with chocolate and melted to 34 °C use.
- Spray on the frozen coconut creamy ball -10g/pcs

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