



Springtide Cake

HAZELNUT SPONGE

Ingredients	Quantity	Cost (SGD)	% of Total
Hazelnut Meal	100g	\$2.19	51.2%
Icing Sugar	130g	\$0.39	9.1%
All-Purpose Flour	40g	\$0.07	1.6%
Pâtissier Chocolate Artisan 22-24% Cocoa Powder	10g	\$0.15	3.5%
Egg Whites	165g	\$0.36	8.5%
Sugar	100g	\$0.42	9.7%
Pâtissier Chocolate Artisan Dark 44% Chocolate Chips	75g	\$0.70	16.5%
Total Cost		\$0.43	\$4.28

1. Make a meringue with Egg Whites and Sugar.
2. Fold in sieved Hazelnut Meal, Icing Sugar, All-Purpose Flour and Pâtissier Chocolate Artisan 22-24% Cocoa Powder followed by Pâtissier Chocolate Artisan Dark 44% Chocolate Chips
3. Pour in the desired cake ring and bake at 170 °C for around 20 minutes.

WHIPPED LEMON CARMELO GANACHE

Ingredients	Quantity	Cost (SGD)	% of Total
Cream (1)	90g	\$0.43	9.8%
Glucose Syrup	10g	\$0.06	1.4%
Trimoline	10g	\$0.06	1.3%
Pâtissier Chocolate Artisan Milk 40% Carmelo	175g	\$2.55	57.5%
Cream (2)	195g	\$0.98	22.1%
Masse Gelatine	10g	\$0.09	2%
Pâtissier Chocolate Lemon Filling	35g	\$0.26	5.9%
Total Cost		\$0.44	\$4.43

1. Boil Cream (1), Glucose Syrup and Trimoline.
2. Pour into Pâtissier Chocolate Artisan Milk 40% Carmelo and Masse Gelatine.
3. Mix well and add in Cream (2) and Pâtissier Chocolate Lemon Filling. Emulsify with hand-blender.
4. Rest in chiller for 24 hours and it will be ready to be whip.

Nutritional Facts

Serving Size	62g		
Servings per Container	10		
Amount per serving			
Calories	160 from Fat 35		
% Daily Values*			
Total Fat 4g	6%		
Saturated Fat 3g	15%		
Trans Fat 0g			
Polyunsaturated Fat 0g			
Monounsaturated Fat 1g			
Cholesterol 0mg	0%		
Sodium 55mg	2%		
Total Carbohydrate 39g	13%		
Dietary Fiber 0g	0%		
Protein 3g			
Vitamin A 0%	Vitamin C 0%		
Calcium 2%	Iron 6%		

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

Nutritional Facts

Serving Size	52.5g		
Servings per Container	10		
Amount per serving			
Calories	220 from Fat 160		
% Daily Values*			
Total Fat 18g	27%		
Saturated Fat 10g	52%		
Trans Fat 0g			
Polyunsaturated Fat 0.5g			
Monounsaturated Fat 5g			
Cholesterol 40mg	14%		
Sodium 25mg	1%		
Total Carbohydrate 14g	5%		
Dietary Fiber 1g	2%		
Protein 2g			
Vitamin A 8%	Vitamin C 0%		
Calcium 6%	Iron 4%		

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

All stated prices are indicative.



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LEMON CARMELO GANACHE

Ingredients	Quantity	Cost (SGD)	% of Total
Cream	65g	\$0.32	8.8%
Trimoline	21g	\$0.11	3%
Butter	33g	\$0.58	15.6%
Pâtissier Chocolate Artisan Dark 64% Couverture	40g	\$0.24	6.5%
Pâtissier Chocolate Artisan Milk 40% Carmelo	156g	\$2.26	61.1%
Pâtissier Chocolate Lemon Filling	25g	\$0.19	5.1%
Total Cost		\$0.37	Whole Recipe \$3.70

Nutritional Facts

Serving Size	34g		
Servings per Container	10		
Amount per serving			
Calories	180 from Fat 120		
% Daily Values*			
Total Fat 13g	20%		
Saturated Fat 8g	38%		
Trans Fat 0g			
Polyunsaturated Fat 0g			
Monounsaturated Fat 4g			
Cholesterol 20mg	6%		
Sodium 40mg	2%		
Total Carbohydrate 13g	4%		
Dietary Fiber 1g	3%		
Protein 2g			
Vitamin A 4%	Vitamin C	0%	
Calcium 4%	Iron	4%	
* Percent Daily Values are based on a 2000 calorie diet.			

1. Boil Cream and Trimoline before pouring into Pâtissier Chocolate Artisan Dark 64% Couverture and Milk 40% Carmelo.
2. Add in Pâtissier Chocolate Lemon Filling.
3. When temperature drop to 40°C, add in butter and emulsify with hand-blender.



All stated prices are indicative.