



Banana Espresso

58 % Chocolate Flourless Sponge

Ingredients	Quantity	Cost (SGD)	% of Total
Pâtissier Chocolate Artisan Dark 58% Chocolate	354g	\$3.96	47.9%
Butter	164g	\$2.87	34.7%
Egg Yolks	82g	\$0.25	3%
Condensed Milk	21g	\$0.12	1.5%
Egg Whites	246g	\$0.54	6.5%
Sugar	129g	\$0.54	6.5%

Total Cost	Single Portion	Whole Recipe
	\$1.38	\$ 8.28

Nutrition Facts

Serving Size 49.8g
Servings Per Container 20

Amount Per Serving

Calories 210 **Calories From Fat** 140

% Daily Value

Total Fat 15g **23%**

Saturated Fat 9g **44%**

Trans Fat 0g

Cholesterol 70mg **24%**

Sodium 105mg **4%**

Total Carbohydrate 16g **5%**

Dietary Fiber 1g **5%**

Protein 3g

Vitamin A 8% Vitamin C 0%

Calcium 2% Iron 10%

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

1. Make a ganache using Pâtissier Chocolate Artisan Dark 58% Chocolate and butter. Add in butter when the temperature at 45 – 50°C.
2. After the ganache done, mix in egg yolks & condensed milk.
3. Whip up meringue with egg whites and sugar.
4. Fold in the meringue in chocolate batter.
5. Bake on a 60cm x 40 cm tray for 8 min at 170°C.

All stated prices are indicative.



Banana Espresso

Banana Cremeux

Ingredients	Quantity	Cost (SGD)	% of Total
Fresh Banana (1)	170g	\$0.68	23.5%
Fresh Banana (2)	50g	\$0.20	6.9%
Vanilla paste	2g	\$0.05	1.6%
Cream	250g	\$1.25	43.2%
Pâtissier Chocolate Artisan White 32% Couverture	60g	\$0.72	24.9%

Total Cost	Single Portion \$0.48	Whole Recipe \$2.90
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1. Cut banana (1) into small pieces.
2. Add vanilla paste into cream and bring to boiling stage.
3. Mix all ingredients and blend together using hand blender until smooth.
4. Rest overnight and ready to whip on the next day.
5. Fold in fresh banana(2).

Chocolate Coffee Caramel Ganache

Ingredients	Quantity	Cost (SGD)	% of Total
Castor Sugar	70g	\$0.29	5.1%
Glucose	60g	\$0.34	6.1%
Cream	130g	\$0.65	11.5%
Milk	10g	\$0.03	0.4%
Unsalted Butter	101g	\$1.77	31.3%
Pâtissier Chocolate Artisan Dark 74% Couverture	120g	\$1.58	28%
Coffee Powder	20g	\$0.99	17.5%

Total Cost	Single Portion \$0.94	Whole Recipe \$5.65
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1. Make a dry caramel with sugar and glucose.
2. Deglaze with hot cream and butter.
3. Pour over the caramel into dark couverture and coffee powder.
4. Blend well using hand blender.
5. Allow the ganache to cool until room temperature.

Nutrition Facts

Serving Size 26.6g	
Servings Per Container 20	
Amount Per Serving	
Calories 70	Calories From Fat 50
% Daily Value	
Total Fat 6g	9%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 20mg	6%
Sodium 5mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Protein 0g	
Vitamin A 4%	Vitamin C 2%
Calcium 2%	Iron 0%
* Percent Daily Values are based on a 2000 calorie diet.	

Nutrition Facts

Serving Size 25.5g	
Servings Per Container 20	
Amount Per Serving	
Calories 120	Calories From Fat 80
% Daily Value	
Total Fat 9g	14%
Saturated Fat 6g	28%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 45mg	2%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	3%
Protein 1g	
Vitamin A 6%	Vitamin C 0%
Calcium 0%	Iron 4%
* Percent Daily Values are based on a 2000 calorie diet.	

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