



## Autumnal

### Genoise Sponge

Ingredients	Quantity	Cost (SGD)	% of Total
Egg Yolks	170g	\$0.51	17.7%
Sugar (1)	100g	\$0.41	14.4%
Flour T55	148g	\$0.25	8.6%
Pâtissier Chocolate Artisan 22/24% Cocoa Powder	32g	\$0.48	16.6%
Egg Whites	296g	\$0.65	22.6%
Sugar (2)	140g	\$0.48	20.1%

Total Cost	Single Portion	Whole Recipe
	\$0.29	\$2.89

### Nutrition Facts

Serving Size 88.6g  
Servings Per Container 10

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Amount Per Serving

**Calories** 230 **Calories From Fat** 50

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% Daily Value

<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 2.5g	<b>11%</b>
Trans Fat 0g	
<b>Cholesterol</b> 220mg	<b>73%</b>
<b>Sodium</b> 55mg	<b>2%</b>
<b>Total Carbohydrate</b> 37g	<b>12%</b>
Dietary Fiber 1g	<b>6%</b>
<b>Protein</b> 8g	
Vitamin A 8%	Vitamin C 0%
Calcium 4%	Iron 10%

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

- Whip egg yolks and sugar (1) until fluffy, fold in sieved flour & cocoa powder.
- Make a meringue with egg whites & sugar and fold in.
- Bake at 180°C, around 10 minutes.

### Chocolate Cremeux

Ingredients	Quantity	Cost (SGD)	% of Total
Masse Gelatine	10g	\$0.09	2%
Cream	290g	\$1.45	33.6%
Milk	40g	\$0.10	2.3%
Egg Yolks	40g	\$0.12	2.8%
Pâtissier Chocolate Artisan Dark 61% Couverture	200g	\$2.56	59.3%

Total Cost	Single Portion	Whole Recipe
	\$0.43	\$4.32

### Nutrition Facts

Serving Size 58g  
Servings Per Container 10

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Amount Per Serving

**Calories** 230 **Calories From Fat** 180

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% Daily Value

<b>Total Fat</b> 20g	<b>31%</b>
Saturated Fat 12g	<b>60%</b>
Trans Fat 0g	
<b>Cholesterol</b> 90mg	<b>31%</b>
<b>Sodium</b> 15mg	<b>1%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 2g	<b>7%</b>
<b>Protein</b> 3g	
Vitamin A 10%	Vitamin C 0%
Calcium 4%	Iron 10%

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

- Make a cream anglaise with milk, cream & egg yolks to 80°C.
- Pour into dark chocolate and blend well with hand blender.
- Rest overnight and ready to whip.

All stated prices are indicative.



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### Banana Confit

Ingredients	Quantity	Cost (SGD)	% of Total
Passion Fruit Puree	240g	\$2.88	27.2%
Banana Puree	480g	\$5.90	55.8%
Sugar	40g	\$0.17	1.6%
Pectine NH	24g	\$1.63	15.4%

Total Cost	Single Portion	Whole Recipe
	\$1.06	\$10.58

1. Warm passion fruit puree and banana puree, add in mixed sugar and Pectine NH to boiling stage. And use hand blender to blend well.

### Nutrition Facts

Serving Size 78.4g	
Servings Per Container 10	
Amount Per Serving	
<b>Calories</b> 80	Calories From Fat 0
% Daily Value	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 10mg	3%
<b>Sodium</b> 140mg	6%
<b>Total Carbohydrate</b> 5g	2%
Dietary Fiber 2g	9%
<b>Protein</b> 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 6%	Iron 0%
* Percent Daily Values are based on a 2000 calorie diet.	

### Hazelnut Mousse

Ingredients	Quantity	Cost (SGD)	% of Total
Pâtissier Chocolate Artisan 50% Hazelnut Praline	175g	\$3.09	70.5%
Cream (1)	85g	\$0.42	9.7%
Masse Gelatine	25g	\$0.22	5%
Cream (2)	130g	\$0.65	14.8%

Total Cost	Single Portion	Whole Recipe
	\$0.44	\$4.38

1. Boil cream (1) and add in masse gelatine and hazelnut praline. Use hand blender to blend well.
2. Whip cream (2) and fold in.

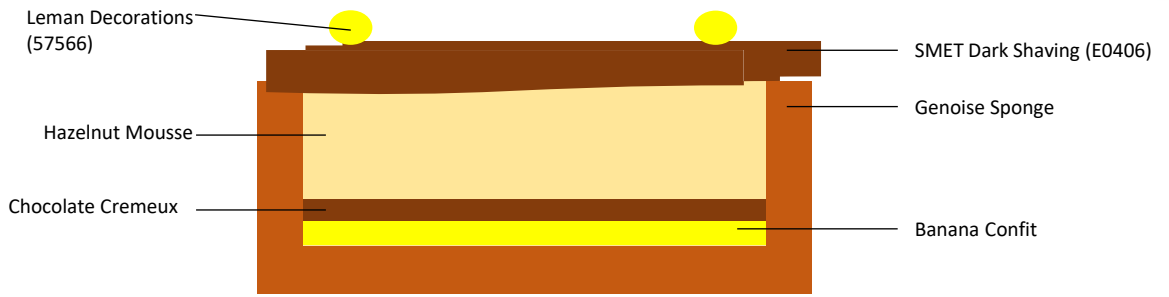
### Nutrition Facts

Serving Size 41.5g	
Servings Per Container 10	
Amount Per Serving	
<b>Calories</b> 170	Calories From Fat 120
% Daily Value	
<b>Total Fat</b> 13g	19%
Saturated Fat 5g	27%
Trans Fat 0g	
<b>Cholesterol</b> 30mg	10%
<b>Sodium</b> 10mg	0%
<b>Total Carbohydrate</b> 11g	4%
Dietary Fiber 0g	0%
<b>Protein</b> 2g	
Vitamin A 6%	Vitamin C 0%
Calcium 2%	Iron 0%
* Percent Daily Values are based on a 2000 calorie diet.	

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