



## Easter Carrot

### Carrot Cake Biscuit

Ingredients	Quantity	Cost (SGD)	% of Total
All Purpose Floor	80g	\$0.13	4.2%
Egg Whites	35g	\$0.08	2.4%
Egg Yolks	30g	\$0.09	2.8%
Brown Sugar	40g	\$0.17	5.3%
Butter	35g	\$0.61	19.2%
Gingerbread Spices	5g	\$0.39	12.3%
Grated Carrots	90g very fine	\$1.15	36%
Baking Powder	3g	\$0.03	0.9%
Grape Seed Oil	45g	\$0.54	16.8%

Total Cost	Single Portion	Whole Recipe
	\$0.16	\$3.18

### Nutrition Facts

Serving Size 15.8g  
Servings Per Container 20

Amount Per Serving

**Calories** 60    **Calories From Fat** 35

% Daily Value

**Total Fat** 4g    **6%**

Saturated Fat 1.5g    **6%**

Trans Fat 0g

**Cholesterol** 25mg    **8%**

**Sodium** 30mg    **1%**

**Total Carbohydrate** 6g    **2%**

Dietary Fiber 0g    **0%**

**Protein** 1g

Vitamin A 25%    Vitamin C 0%

Calcium 2%    Iron 2%

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

1. Whip egg yolks, egg whites and sugar. Stir in grape seed oil, butter and brown sugar.
2. Add the flour, baking powder and spiced grated carrots.
3. Bake for 170°C for 15 to 20 minutes.

All stated prices are indicative.



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## Carrot Confit

Ingredients	Quantity	Cost (SGD)	% of Total
Grated Carrots	300g	\$3.83	78.5%
Lime Juice	10g	\$0.30	6.2%
Sugar	150g	\$0.62	12.8%
Oranges	20g	\$0.12	2.5%

Total Cost	Single Portion	Whole Recipe
	\$0.24	\$4.87

1. Make confit by baking the carrots till caramelized and keep stirring till the right texture is formed.

## Nutrition Facts

Serving Size 0	
Servings Per Container 20	
Amount Per Serving	
<b>Calories</b> 35	Calories From Fat 0
% Daily Value	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 9g	<b>3%</b>
Dietary Fiber 0g	<b>0%</b>
<b>Protein</b> 0g	
Vitamin A 80%	Vitamin C 4%
Calcium 0%	Iron 0%
* Percent Daily Values are based on a 2000 calorie diet.	

## Peru 39% Mousse

Ingredients	Quantity	Cost (SGD)	% of Total
Pâtissier Chocolate Artisan Single Origin Peru Milk 39% Couverture	300g	\$3.60	61.5%
Full Fat Milk	200g	\$0.50	8.5%
Whipped Cream	350g	\$1.75	29.9%

Total Cost	Single Portion	Whole Recipe
	\$0.29	\$5.85

1. Boil the milk and pour over Pâtissier Chocolate Artisan Single Origin Peru Milk 39% Couverture. Keep aside to cool to 40°C
2. Fold into the whipped cream.

## Nutrition Facts

Serving Size 42.5g	
Servings Per Container 20	
Amount Per Serving	
<b>Calories</b> 150	Calories From Fat 110
% Daily Value	
<b>Total Fat</b> 12g	<b>19%</b>
Saturated Fat 8g	<b>39%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>9%</b>
<b>Sodium</b> 25mg	<b>1%</b>
<b>Total Carbohydrate</b> 9g	<b>3%</b>
Dietary Fiber 0g	<b>0%</b>
<b>Protein</b> 2g	
Vitamin A 6%	Vitamin C 0%
Calcium 6%	Iron 0%
* Percent Daily Values are based on a 2000 calorie diet.	

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## Orange Spray

Ingredients	Quantity	Cost (SGD)	% Of Total
Pâtissier Chocolate Artisan White 32 % Couverture	400g	\$4.80	18.6%
Pâtissier Chocolate Artisan Tiger Orange Cocoa Butter	300g	\$18.00	69.8%
Pâtissier Chocolate Artisan Royal Yellow Cocoa Butter	50g	\$3.00	11.6%

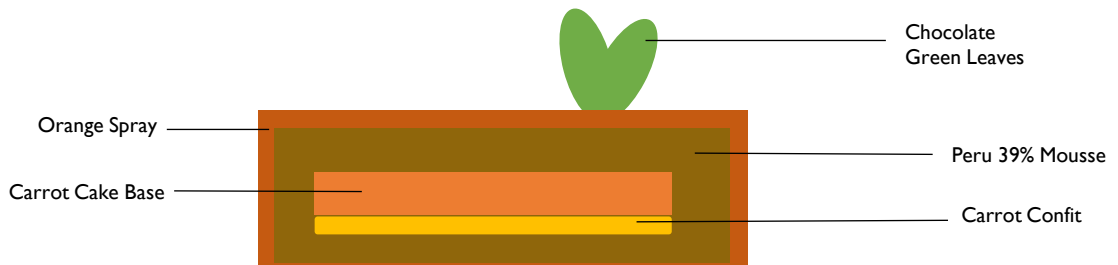
Nutrition Facts	
Serving Size	37.5g
Servings Per Container	20
Amount Per Serving	
<b>Calories</b>	260 <b>Calories From Fat</b> 200
	% Daily Value
<b>Total Fat</b> 22g	<b>34%</b>
Saturated Fat 14g	<b>71%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>1%</b>
<b>Sodium</b> 15mg	<b>1%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 0g	<b>0%</b>
<b>Protein</b> 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 0%
* Percent Daily Values are based on a 2000 calorie diet.	

Total Cost	Single Portion \$1.29	Whole Recipe \$25.80

- Melt both cocoa butters. Add into the melted chocolate and adjust colour accordingly to be similar to a carrot.

All stated prices are indicative.

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