



Citrus Swiss Roll

LEMON WHIP GANACHE

Ingredients	Quantity	Cost (SGD)	% of Total
Cream (1)	90g	\$0.43	12.7%
Glucose Syrup	11g	\$0.06	1.8%
Trimoline	11g	\$0.06	1.7%
Pâtissier Chocolate Artisan White 32% Couverture	120g	\$1.44	41.9%
Cream (2)	195g	\$0.98	28.5%
Masse Gelatine	10g	\$0.09	2.5%
Pâtissier Chocolate Lemon Filling	50g	\$0.38	10.9%
		Total Cost	Single Portion \$0.34
			Whole Recipe \$3.43

1. Boil Cream (1), Glucose Syrup and Trimoline and pour into Pâtissier Chocolate Artisan White 32% Couverture and Masse Gelatine.
2. Add in Cream (2) and Pâtissier Chocolate Lemon Filling and use hand blender to emulsify. Rest till next day and it will be ready to whip.

SWISS ROLL SPONGE

Ingredients	Quantity	Cost (SGD)	% of Total
Egg Yolks	240g	\$0.72	22%
Sugar (1)	37.5g	\$0.16	4.8%
Trimoline	12.5g	\$0.07	2%
Egg Whites	320g	\$0.70	21.5%
Sugar (2)	160g	\$0.66	20.3%
Lemon Juice	4g	\$0.03	0.8%
Butter	30g	\$0.52	16%
Milk	70g	\$0.18	5.3%
All Purpose Flour	140g	\$0.24	7.2%
		Total Cost	Single Portion \$0.33
			Whole Recipe \$3.27

1. Whip Egg Whites, Lemon & Sugar (2) to make a meringue.
2. Mix Egg Yolks, Sugar (1) & Trimoline, and fold in meringue followed by Butter (melted), Milk and Flour (Sifted).
3. Bake for 160°C for around 10-12 minutes.

Nutritional Facts			
Serving Size	48.4g		
Servings per Container	10		
Amount per serving			
Calories	190 from Fat 140		
% Daily Values*			
Total Fat 15g	24%		
Saturated Fat 10g	48%		
Trans Fat 0g			
Polyunsaturated Fat 0.5g			
Monounsaturated Fat 5g			
Cholesterol 40mg	14%		
Sodium 15mg	1%		
Total Carbohydrate 12g	4%		
Dietary Fiber 0g	0%		
Protein 1g			
Vitamin A 8%	Vitamin C	0%	
Calcium 4%	Iron	0%	

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

Nutritional Facts			
Serving Size	101.4g		
Servings per Container	10		
Amount per serving			
Calories	260 from Fat 90		
% Daily Values*			
Total Fat 10g	16%		
Saturated Fat 4g	20%		
Trans Fat 0g			
Polyunsaturated Fat 1g			
Monounsaturated Fat 3.5g			
Cholesterol 315mg	105%		
Sodium 90mg	4%		
Total Carbohydrate 33g	11%		
Dietary Fiber 0g	0%		
Protein 9g			
Vitamin A 10%	Vitamin C	0%	
Calcium 6%	Iron	8%	

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

All stated prices are indicative.



Citrus Swiss Roll

LEMON CREMEUX

Ingredients	Quantity	Cost (SGD)	% of Total
Masse Gelatine	15g		
Cream	167g	\$0.84	29.6%
Pâtissier Chocolate Artisan White 32% Couverture	53g	\$0.64	22.6%
Butter	44g	\$0.77	27.3%
Egg Yolks	68g	\$0.20	7.2%
Pâtissier Chocolate Lemon Filling	50g	\$0.38	13.3%
Total Cost		\$0.28	Whole Recipe \$2.82

1. Firstly, boil Cream and Egg Yolks to 80°C.
2. Pour it into Masse Gelatine and Pâtissier Chocolate Artisan White 32% Couverture.
3. Add in Pâtissier Chocolate Lemon Filling next.
4. Cool down until 35-45°C, use hand blender blend in Butter (room temperature) and mix well.
5. Pour in a desired mould and freeze it.

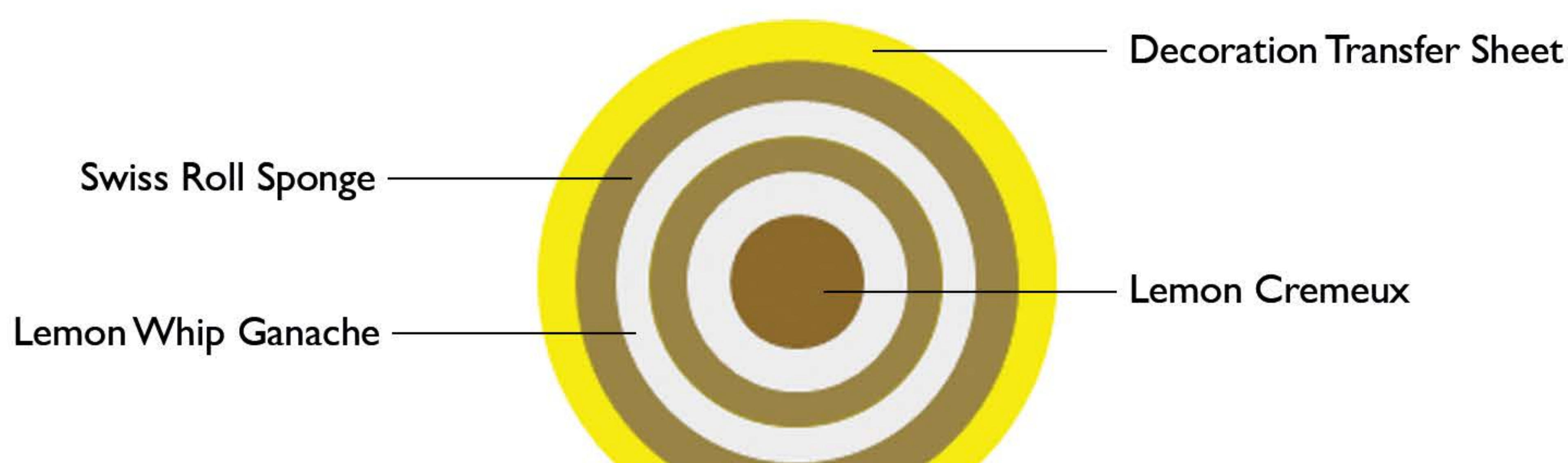
DECORATIONS TRANSFER SHEET

Ingredients	Quantity
Pâtissier Chocolate Artisan Royal Yellow Cocoa Butter	As Desired
Pâtissier Chocolate Artisan Cyan Green Cocoa Butter	As Desired
Pâtissier Chocolate Artisan White 32% Couverture	As Desired

1. Brush a thin layer of Pâtissier Chocolate Artisan Royal Yellow Cocoa Butter and Pâtissier Chocolate Artisan Cyan Green Cocoa Butter on a transfer sheet.
2. After the cocoa butter crystallized, continue to brush a second layer of Pâtissier Chocolate Artisan White 32% Couverture.
3. Cover the transfer sheet on the swiss roll.

Nutritional Facts	
Serving Size	39.7g
Servings per Container	10
Amount per serving	
Calories	160 from Fat 130
* % Daily Values*	
Total Fat 14g	22%
Saturated Fat 8g	41%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 4.5g	
Cholesterol 120mg	40%
Sodium 50mg	2%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Protein 2g	
Vitamin A 10%	Vitamin C 0%
Calcium 4%	Iron 2%

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



All stated prices are indicative.