



La Tart Coeur

Heart Shape Ring

Sable Shell

Ingredients	Quantity	Cost (SGD)	% of Total
Cake Flour	250g	\$0.42	9.4%
Unsalted Butter	150g	\$2.63	58.7%
Icing Sugar	95g	\$0.28	6.4%
Ground Almond	32g	\$0.50	11.2%
Salt	1g		
Eggs	60g	\$0.27	6.1%
Vanilla Essence	2g	\$0.37	8.3%

Total Cost	Single Portion	Whole Recipe
	\$0.47	\$4.47

- Mix icing sugar, flour, almond power, salt together before adding soft butter then paddle until mixed.
- Pour eggs and vanilla essence until well mixed then store in chiller for at least 2 hours before usage.
- Bake at 170°C for 20-30 minutes until golden colour is formed.

Nutrition Facts

Serving Size 59g
Servings Per Container 10

Amount Per Serving

Calories 260 **Calories From Fat 130**

% Daily Value

Total Fat 14g	21%
Saturated Fat 8g	39%
Trans Fat 0g	
Cholesterol 60mg	19%
Sodium 170mg	7%
Total Carbohydrate 30g	10%
Dietary Fiber 1g	3%
Protein 5g	

Vitamin A 10%	Vitamin C 0%
Calcium 2%	Iron 10%

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

All stated prices are indicative.



La Tart Coeur

Almond Cream 58%

Ingredients	Quantity	Cost (SGD)	% of Total
Eggs	100g	\$0.45	8.9%
Sugar	100g	\$0.41	8.2%
Almond Powder	100g	\$1.56	30.7%
Unsalted Butter	100g	\$1.75	34.5%
Pâtissier Chocolate Artisan Dark 58% Chocolate	80g	\$0.90	17.7%

Total Cost	Single Portion	Whole Recipe
	\$0.51	\$5.07

Nutrition Facts

Serving Size 48g
Servings Per Container 10

Amount Per Serving

Calories 210 **Calories From Fat 130**

% Daily Value

Total Fat 14g	22%
Saturated Fat 7g	37%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 105mg	4%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	2%
Protein 6g	

Vitamin A 8%	Vitamin C 0%
Calcium 6%	Iron 10%

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

1. Paddle butter, sugar until fluffy then add gradually eggs followed by melted Pâtissier Chocolate Artisan Dark 58% Chocolate and almond powder.
2. Ready to pipe over the heart shape ring with sable
3. Bake at 170°C for 20 to 30 minutes.

All stated prices are indicative.



La Tart Coeur

Confiture Strawberry

Ingredients	Quantity	Cost (SGD)	% of Total
Strawberry Jam	120g	\$1.24	59.3%
Pâtissier Chocolate Artisan Coconut Praline	30g	\$0.85	40.7%

Total Cost	Single Portion \$0.20	Whole Recipe \$2.09
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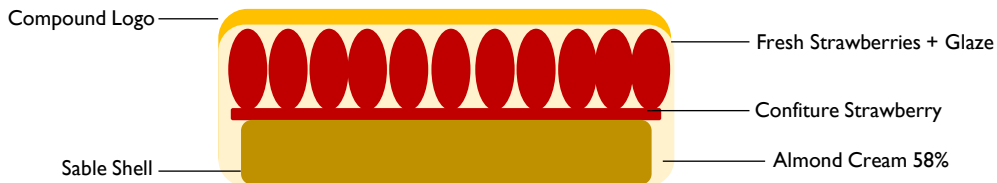
Nutrition Facts

Serving Size 15g	
Servings Per Container 10	
Amount Per Serving	
Calories 70	Calories From Fat 10
% Daily Value	
Total Fat 1.5g	2%
Saturated Fat .5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 10g	3%
Dietary Fiber 0g	0%
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%
* Percent Daily Values are based on a 2000 calorie diet.	

- Mix both ingredients to obtain a paste then chilled for a while.
- Spread over the cooked tart to help sticking the strawberries.

Decorations

- Melt Pâtissier Chocolate Gourmand White Compound in microwave.
- Apply over the transfer sheet then before set use the heart shape ring then leave aside to become crystalized.
- Ready to apply on top of the strawberries ready glazing with neutral glazed



All stated prices are indicative.