



SOL WHITE 36%

SOL WHITE CHOCOLATE SPONGE

Ingredients	Quantity	Cost (SGD)	% of Total
Egg White	216g	\$0.48	14%
Sugar	178g	\$0.74	21.7%
Canola oil	101g	\$0.48	14%
Pâtissier Chocolate Artisan Sol 36% Chocolatier	34g	\$0.41	12%
All Purpose Flour	153g	\$0.26	7.6%
Milk	80g	\$0.20	5.9%
Egg yolk	143g	\$0.43	12.7%
Egg	91g	\$0.41	12.1%
Total Cost	Single Portion	Whole Recipe	
	\$0.03	\$3.41	

1. Heat the canola oil to 90c, add in Pâtissier Chocolate Artisan Sol White 36% Chocolatier and mix well.
2. Add in bowl mixture (dry ingredients) and mix well.
3. Add in warm milk to mix well.
4. Cool down until 40°C, add the yolk, egg mix well.
5. Whip meringue. (egg white to be left in freezer before use).
6. Bake 190c for 9-10mins.

SOL WHITE CREMEUX

Ingredients	Quantity	Cost (SGD)	% of Total
Cream	1.5 kg	\$7.73	37.5%
Milk	206 g	\$0.52	2.5%
Vanilla beans	3g	\$4.81	23.3%
Masse Gelatin	25g	\$0.22	1.1%
Pâtissier Chocolate Artisan Sol White 36% Chocolatier	618 g	\$7.36	35.7%
Total Cost	Single Portion	Whole Recipe	
	\$0.26	\$20.64	

1. Place the Patissier Chocolate Artisan Sol White 36% Chocolatier and gelatin in a bowl.
3. Boil cream and milk then pour into chocolate mix.
4. Add in vanilla beans.
5. Blend it using hand blender to get a smooth texture.
6. Cover with a cling film and chill overnight.
7. Ready to whip the next day.

Nutrition Facts

Serving Size 10.0g	
Servings Per Container 100	
Amount Per Serving	
Calories 30	Calories From Fat 20
% Daily Value	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 20mg	7%
Sodium 5mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%
* Percent Daily Values are based on a 2000 calorie diet.	

Nutrition Facts

Serving Size 30.9g	
Servings Per Container 10	
Amount Per Serving	
Calories 70	Calories From Fat 35
% Daily Value	
Total Fat 4g	6%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 1g	
Cholesterol 10mg	4%
Sodium 40mg	2%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	3%
Protein 0g	
Vitamin A 4%	Vitamin C 2%
Calcium 0%	Iron 2%
* Percent Daily Values are based on a 2000 calorie diet.	

All stated prices are indicative.



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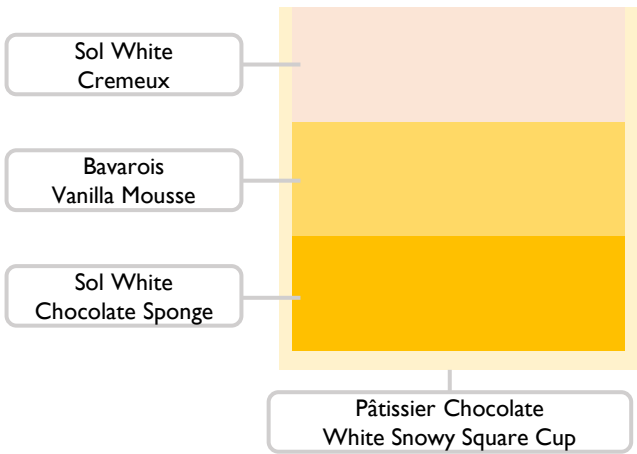
BAVAROIS VANILLA MOUSSE

Ingredients	Quantity	Cost (SGD)	% of Total
Milk	427g	\$1.07	23.6%
Egg Yolks	170g	\$0.51	11.3%
Sugar	102g	\$0.43	9.4%
Masse Gelatine	85g	\$0.74	16.5%
Cream	213g	\$1.07	23.6%
Vanilla Beams	0.5g	\$0.7	15.5%
Total Cost	Single Portion \$0.05	Whole Recipe \$4.52	

Nutrition Facts

Serving Size 10.0g	
Servings Per Container 100	
Amount Per Serving	
Calories 20	Calories From Fat 10
	% Daily Value
Total Fat 1.5g	2%
Saturated Fat .5g	4%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 25mg	8%
Sodium 0mg	0%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Protein 1g	
Vitamin A 2%	Vitamin C 0%
Calcium 0%	Iron 0%
* Percent Daily Values are based on a 2000 calorie diet.	

1. Make a cream anglaise with vanilla beans, milk, sugar and egg yolks to 80c and add in masse gelatine.
2. When mixture cool down to 30c, whip the cream and fold in.



All stated prices are indicative.