



Ghoul Delight

Latte Cream

Ingredients	Quantity	Cost (SGD)	% of Total
Milk	83g	\$0.21	6.9%
Coffee Bean	12g	\$0.41	13.6%
Masse Gelatine	16g	\$0.14	4.7%
Pâtissier Chocolate Artisan White 32% Couverture	146g	\$1.21	40.4%
Glucose Syrup	5g	\$0.03	1%
Cream	200g	\$1	33.4%

Total Cost	Single Portion \$0.30	Whole Recipe \$2.99
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1. Boil milk, glucose syrup and coffee bean and infuse for 8 minutes. Remove coffee beans and reheat before pouring over to white chocolate and masse gelatine.
2. Add in cream and use hand blender to blend well.
3. Rest for overnight and ready to whip.

Hazelnut Cremeux

Ingredients	Quantity	Cost (SGD)	% of Total
Masse Gelatine	15g	\$0.13	4.3%
Cream	188g	\$0.94	31.1%
Egg Yolks	60g	\$0.18	6%
Pâtissier Chocolate Artisan 50% Hazelnut Praline	75g	\$1.32	43.8%
Pâtissier Chocolate Dark 61% Couverture	35g	\$0.45	14.8%

Total Cost	Single Portion \$0.3	Whole Recipe \$3.02
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1. Make a cream anglaise with cream and egg yolks before adding in masse gelatine.
2. Pour over to dark chocolate and add in hazelnut praline and use hand blender to blend well.

Nutrition Facts

Serving Size 46.2g	
Servings Per Container 10	
Amount Per Serving	
Calories 160	Calories From Fat 120
% Daily Value	
Total Fat 13g	20%
Saturated Fat 8g	41%
Trans Fat 0g	
Cholesterol 30mg	11%
Sodium 20mg	1%
Total Carbohydrate 9g	3%
Dietary Fiber 0g	0%
Protein 2g	
Vitamin A 6%	Vitamin C 2%
Calcium 6%	Iron 0%

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

Nutrition Facts

Serving Size 33.8g	
Servings Per Container 10	
Amount Per Serving	
Calories 150	Calories From Fat 110
% Daily Value	
Total Fat 12g	19%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 105mg	34%
Sodium 10mg	0%
Total Carbohydrate 7g	2%
Dietary Fiber 0g	0%
Protein 3g	
Vitamin A 8%	Vitamin C 0%
Calcium 2%	Iron 4%

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

All stated prices are indicative.



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Cocoa Choux Sponge

Ingredients	Quantity	Cost (SGD)	% of Total
Milk	90g	\$0.23	7.1%
Butter	60g	\$0.65	20.5%
Flour T55	43g	\$0.07	2.3%
Pâtissier Chocolate 22/24% Cocoa Powder	23g	\$0.37	11.5%
Almond Powder	43g	\$0.67	21.1%
Eggs	50g	\$0.23	7.1%
Egg Yolks	115g	\$0.34	10.9%
Sugar	70g	\$0.29	9.1%
Egg Whites	150g	\$0.33	10.4%

Total Cost	Single Portion	Whole Recipe
	\$0.32	\$3.18

Nutrition Facts	
Serving Size 64.4g	
Servings Per Container 10	
Amount Per Serving	
Calories 160	Calories From Fat 70
% Daily Value	
Total Fat 8g	13%
Saturated Fat 3.5g	17%
Trans Fat 0g	
Cholesterol 175mg	59%
Sodium 70mg	3%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	3%
Protein 7g	
Vitamin A 8%	Vitamin C 0%
Calcium 6%	Iron 10%
* Percent Daily Values are based on a 2000 calorie diet.	

1. Cook a choux with milk, butter and salt (boiling stage), Off the fire, add in flour and almond powder, mix well, continue to cook for another 1 minute before pouring in a mixing bowl with a paddle attachment, slowly add in eggs and egg yolks.
2. Make a meringue with egg whites and sugar.
3. Slowly fold the meringue into the choux dough.
4. Bake at 180°C for around 10-15 minutes.

All stated prices are indicative.



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Cocoa Streusels

Ingredients	Quantity	Cost (SGD)	% of Total
Flour T55	80g	\$0.13	3.1%
Pâtissier Chocolate Artisan 22/24% Cocoa Powder	30g	\$0.48	11%
Sugar	100g	\$0.41	9.6%
Almond Powder	100g	\$1.56	36%
Butter	100g	\$1.75	40.4%

Total Cost	Single Portion \$0.43	Whole Recipe \$4.34
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Nutrition Facts	
Serving Size 41g	
Servings Per Container 10	
Amount Per Serving	
Calories 190	Calories From Fat 100
% Daily Value	
Total Fat 11g	16%
Saturated Fat 6g	29%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 85mg	4%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	5%
Protein 5g	
Vitamin A 6%	Vitamin C 0%
Calcium 6%	Iron 10%
* Percent Daily Values are based on a 2000 calorie diet.	

1. Peddle Butter and sugar, slowly add in sieved flour and cooapwder, add in almond powder.
2. Bake at 150°C, around 15 minutes.

Crunchy Base

Ingredients	Quantity	Cost (SGD)	% of Total
Cocoa Streusels	150g	\$1.59	57.9%
Pâtissier Chocolate Artisan Dark 61% Couverture	90g	\$1.15	42.1%
Leman Decorations - Caramel Pearls (57457)	24g	-	-

Total Cost	Single Portion \$0.27	Whole Recipe \$2.74
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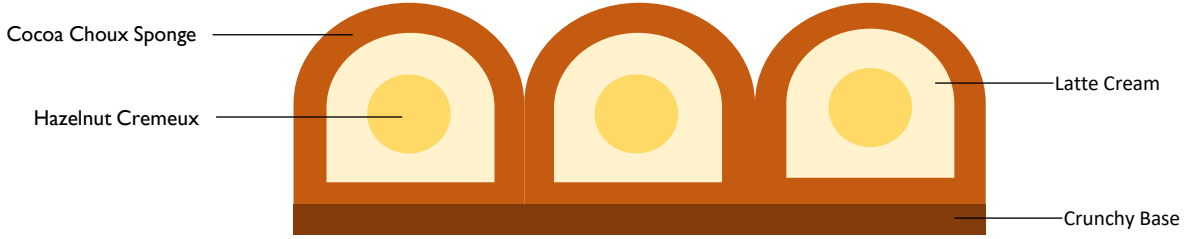
Nutrition Facts	
Serving Size 26.4g	
Servings Per Container 10	
Amount Per Serving	
Calories 120	Calories From Fat 60
% Daily Value	
Total Fat 7g	11%
Saturated Fat 4.5g	21%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 30mg	1%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	5%
Protein 3g	
Vitamin A 2%	Vitamin C 0%
Calcium 2%	Iron 8%
* Percent Daily Values are based on a 2000 calorie diet.	

1. Temper dark chocolate and mix well, spread on silpat around 0.5cm height and cut into desired shape.

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