

Chocolate Tart Paste

Ingredients	Quantity	Cost (SGD)	% of Total
Unsalted Butter	120g	\$2.10	44.4%
Xylitol Powder	42g	\$0.73	15.4%
Salt	4g	\$0.00	0.1%
Egg Liquid	60g	\$0.27	5.7%
Almond Powder	24g	\$0.91	19.3%
T45 Flour	200g	\$0.36	7.6%
Pâtissier Chocolate Artisan 22-24% Cocoa Powder	22g	\$0.35	7.4%

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Total	Single Portion	Whole Recipe
Cost	\$0.22	\$4.38

Nutrition Facts Serving Size 22.5g

Servings Per Container 20

Amount Per Serving	
Calories 90 Calories From	r Fat 50
	Daily Value
Total Fat 6g	9%
Saturated Fat 3.5g	17%
Trans Fat Og	
Cholesterol 25mg	9%
Sodium 130mg	5%
Total Carbohydrate 1g	0%
Dietary Fiber 1g	3%
Protein 2g	
Vitam in A 4% Vitam in	DC 0%
	10 0/0
Calcium 0% Iron	2%
* Percent Daily Values are based on a calorie diet.	a 2000

I. Softening butter and mixing with fine salt and Xylitol powder.

2. Add room temperature eggs and mix well

3. Pour in the almond powder and T45 mix well.

4. Use a rolling pin rolling to 2-3mm thickness in the middle of the baking paper.

5. Forming in the 4.5mm tart rings.

6. Bake at 165°C for 15 minutes, cool down.

7. This recipe can make 16 portions.



No Sugar Added Sponge

Ingredients	Quantity	Cost (SGD)	% Of Total
Egg White	200g	\$0.44	31%
Xylitol Powder	40g	\$0.70	6%
Egg White Powder	2g	\$0.03	0.3%
Pâtissier Chocolate Artisan Dark 55% Couverture (No Added Sugar)	100g	\$1.18	15%
Grapeseed Oil	60g	\$0.00	9%
Pâtissier Chocolate Artisan 22-24% Cocoa Powder	20g	\$0.32	3%
Whole Milk	60g	\$0.15	9%
Egg Yolks	105g	\$0.32	16%
T45 Flour	45g	\$0.08	7%
Cron Starch	lOg	\$0.07	1.5%

Nutrition Facts

Serving Size 42.8g Servings Per Container 1

Servings Pe	er Con	tainer 15	
Amount Per Se	rvina		
	-	larian Fran	Eat 05
Calories 50	Ca	iones Fron	i Fal 20
		%	6 Daily Value
Total Fat 2.	5g		4%
Saturated	Fat 1	g	5%
Trans Fat	0	g	
Cholestero	90m	g	30%
Sodium 25	mg		1%
Total Carbo	hydra	te 2g	1%
Dietary Fib	er Og		0%
Protein 3g			
Vitam in A	4%	Vitam i	nC 0%
Calcium	2%	Iron	4%
* Percent Daily Values are based on a 2000 calorie diet.			

Total	Single Portion	Whole Recipe
Cost	\$0.22	\$3.27

I. Heating and melting chocolate, cocoa powder, milk and oil to 45°C, add egg yolk and emulsify evenly.

2. Flour and corn starch are mixed and sifted for use.

3. Whip the egg white, xylitol powder and egg white powder make a meringue.

4. Mix one-third of the meringue with the I mixture, add the flour and mix well, and then mix the rest of the meringue evenly.

5. Baking 180°C up heat, 160°C down heat, bake about 18 minutes.

6. After baking, turn it over, tear off the baking paper, and after cooling,

put it into the freezer for subsequent operation.

7. Can make 600*400 whole tray, 150 portions.



Sugar Free Chocolava Filling

Ingredients	Quantity	Cost (SGD)	% of Total
Whole Milk	105g	\$0.26	25%
Cream	105g	\$0.53	25%
Egg Yolk	42g	\$0.13	11%
Pâtissier Chocolate Artisan Dark 55% Couverture (No Added Sugar)	166g	\$1.96	39%

Total	Single Portion	Whole Recipe
Cost	\$0.14	\$ 2.87
COSC	ψ0.14	φ 2.67

I. Mix egg yolks, cream, milk into the mix bowl , heating to 85° C on the hot water.

2. Pour the milk paste into the chocolate and mix well.

3. Quickly pour in the tart shell.

Nutrition Facts

Serving Size 20.9g Servings Per Container 20

Amount Per Serving					
Calories 30 Calories From Fat 25					
		% Dail	y Value		
		70 D all	<i>,</i>		
Total Fat 3g			4%		
Saturated F	⁻ at 1.5	g	8%		
Trans Fat	0g				
Cholesterol	35m g		1 2 %		
Sodium 5m	Sodium 5mg 0%				
Total Carbohydrate 0g 0%					
DietaryFiber 0g 0%					
Protein 1g					
Vitam in A	2%	Vitam in C	0%		
Calcium	2%	Iron	0%		
* Percent Daily Values are based on a 2000 calorie diet.					

All stated prices are indicative.

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