



## Mushrump

### 74 % Chocolate Sponge

Ingredients	Quantity	Cost (SGD)	% of Total
Pâtissier Chocolate Artisan Dark 74% Couverture	230.5g	\$3.04	52.6%
Butter	107g	\$1.87	32.4%
Egg Yolks	53.5g	\$0.16	2.8%
Sugar(1)	14g	\$0.06	1%
Egg Whites	160.5g	\$0.35	6.1%
Sugar(2)	71 g	\$0.29	5.1%

Total Cost	Single Portion \$0.29	Whole Recipe \$5.78
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1. Melt dark couverture - the temperature of chocolate must in between 45 – 50°C . Stir it and blend well.
2. Mix yolks & sugar (1) and continue fold in ganache.
3. Whip up meringue using Egg Whites & Sugar (2).
4. Fold meringue into the mixture.
5. Spread the mixture on the tray 60 x 40 cm.

### Confit Orange

Ingredients	Quantity	Cost (SGD)	% of Total
Orange Peel	75g	\$4.22	97%
Sugar	3g	\$0.01	0.3%
Orange Juice	16g	\$0.10	2.3%
Orange Zest	0.1g	\$0.02	0.4%

Total Cost	Single Portion \$1.09	Whole Recipe \$4.35
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1. Heat up orange juice & sugar and then add in orange and orange zest.

### Nutrition Facts

Serving Size 31.8g	
Servings Per Container 20	
Amount Per Serving	
<b>Calories</b> 140	Calories From Fat 90
% Daily Value	
<b>Total Fat</b> 10g	16%
Saturated Fat 6g	30%
Trans Fat 0g	
<b>Cholesterol</b> 45mg	15%
<b>Sodium</b> 60mg	2%
<b>Total Carbohydrate</b> 9g	3%
Dietary Fiber 1g	5%
<b>Protein</b> 2g	
Vitamin A 4%	Vitamin C 0%
Calcium 2%	Iron 8%
* Percent Daily Values are based on a 2000 calorie diet.	

### Nutrition Facts

Serving Size 23.8g	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 25	Calories From Fat 0
% Daily Value	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 6g	2%
Dietary Fiber 2g	8%
<b>Protein</b> 0g	
Vitamin A 2%	Vitamin C 45%
Calcium 4%	Iron 0%
* Percent Daily Values are based on a 2000 calorie diet.	

All stated prices are indicative.



# Mushrump

## Orange Vanilla Light Mousse

Ingredients	Quantity	Cost (SGD)	% of Total
Milk	141g	\$0.35	9.8%
Orange Juice	15g	\$0.03	0.9%
Pâtissier Chocolate Artisan White 32% Couverture	125g	\$1.50	41.6%
Butter	15g	\$0.26	7.3%
Orange Zest	1g	\$0.02	0.5%
Whipping Cream	268g	\$1.34	37.1%
Gelatin Masse	10g	\$0.10	2.8%

Total Cost	Single Portion \$0.18	Whole Recipe \$3.61
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## Nutrition Facts

Serving Size 28.8g	
Servings Per Container 20	
Amount Per Serving	
<b>Calories</b> 90	Calories From Fat 70
	% Daily Value
<b>Total Fat</b> 8g	<b>13%</b>
Saturated Fat 5g	<b>26%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 20mg	<b>1%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
<b>Protein</b> 1g	
Vitamin A 6%	Vitamin C 2%
Calcium 4%	Iron 0%
* Percent Daily Values are based on a 2000 calorie diet.	

1. Bring milk to boiling stage, add in orange juice and mix well.
2. Pour over the milk into white couverture.
3. Use hand blender to mix well while lowering down the temperature until 45 – 50°C then continue add in butter.
4. Whip up whipping cream and fold in the ganache mixture.
5. Melt gelatin masse and fold inside the mousse.

All stated prices are indicative.



# Mushrump

## Pistachio Cremeux

Ingredients	Quantity	Cost (SGD)	% of Total
Cream	480g	\$2.40	10.3%
Milk	80g	\$0.12	0.9%
Gelatin Masse	18g	\$0.20	0.8%
Condensed Milk	20g	\$0.18	0.5%
Pâtissier Chocolate Artisan Dark 61% Couverture	130g	\$1.21	5.2%
Pistachio Paste	190g	\$17.78	76.3%
Vanilla Bean	1g	\$1.40	6%

Total Cost	Single Portion	Whole Recipe
	\$3.88	\$23.29

## Nutrition Facts

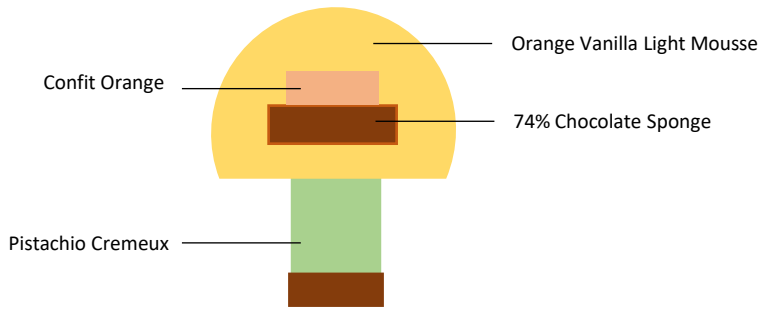
Serving Size 46g	
Servings Per Container 20	
Amount Per Serving	
<b>Calories</b> 120	Calories From Fat 100
% Daily Value	
<b>Total Fat</b> 11g	<b>17%</b>
Saturated Fat 7g	<b>34%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 15mg	<b>1%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
<b>Protein</b> 1g	
Vitamin A 8%	Vitamin C 0%
Calcium 2%	Iron 2%
* Percent Daily Values are based on a 2000 calorie diet.	

1. Bring cream and milk to boiling stage and infuse vanilla bean inside.
2. Add gelatin masse in and sieve over dark couverture and pistachio paste.
3. Use hand blender to smooth it and rest overnight.

All stated prices are indicative.



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