



# The Paris-Brest

## CHOUX PASTE

Ingredients	Quantity	Cost (SGD)	% of Total
All Purpose Flour	250g	\$0.42	5%
Butter	250g	\$4.38	52.5%
Salt	4g		
Sugar	4g	\$0.02	0.2%
Milk	500g	\$1.25	15%
Eggs	500g	\$2.26	27.2%
Almonds (Sliced)	As Desired		
		Total Cost	Single Portion
			\$0.83
			Whole Recipe
			\$8.33

1. Boil Milk, Butter, Sugar and Salt and add sieved Flour progressively. Continue to cook over heat until consistency becomes smooth.
2. Pour into a mixer bowl and paddle for 2 to 3 minutes to cool down the mixture.
3. Add Eggs gradually until mixture turns shiny and smooth. Pipe using star nozzle of 10cm diameter and sprinkle Almond slices on top.
4. Bake at 200°C for 25 to 30 minutes until brown crispy colour is formed. Rest aside and store in chiller.

## FUDGE CARAMEL

Ingredients	Quantity	Cost (SGD)	% of Total
Butter	80g	\$1.40	18.3%
Sea Salt	4g	\$0.02	0.2%
Cream	380g	\$1.90	24.9%
Full Cream Milk Powder	35g	\$0.86	11.2%
Sugar	280g	\$1.16	15.2%
Pâtissier Chocolate Artisan	75g	\$0.90	11.8%
White 32% Couverture			
Water	90g		
Glucose Syrup	245g	\$1.40	18.3%
		Total Cost	Single Portion
			\$0.76
			Whole Recipe
			\$7.64

1. Cook Water, Sugar and Glucose till caramel colour is formed.
2. Pour warm Cream and Milk Powder into the mixture.
3. Pour into a mixer bowl and paddle at first gear with Pâtissier Chocolate Artisan White 32% Couverture and Butter till turns brown. Add Salt.
4. Once a smooth texture of caramel is formed, store in chiller to set.

## Nutritional Facts

Serving Size	150.8g
Servings per Container	10
Amount per serving	
<b>Calories</b>	<b>380 from Fat 240</b>
% Daily Values*	
<b>Total Fat</b> 27g	<b>42%</b>
Saturated Fat 15g	<b>76%</b>
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated 8g	
<b>Cholesterol</b> 275mg	<b>91%</b>
<b>Sodium</b> 450mg	<b>19%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber 1g	<b>3%</b>
<b>Protein</b> 11g	
Vitamin A 25%	Vitamin C 0%
Calcium 10%	Iron 10%
* Percent Daily Values are based on a 2000 calorie diet.	

## Nutritional Facts

Serving Size	118.9g
Servings per Container	10
Amount per serving	
<b>Calories</b>	<b>420 from Fat 210</b>
% Daily Values*	
<b>Total Fat</b> 23g	<b>42%</b>
Saturated Fat 15g	<b>76%</b>
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated 7g	
<b>Cholesterol</b> 70mg	<b>24%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 53g	<b>18%</b>
Dietary Fiber 0g	<b>0%</b>
<b>Protein</b> 1g	
Vitamin A 15%	Vitamin C 0%
Calcium 4%	Iron 0%
* Percent Daily Values are based on a 2000 calorie diet.	

All stated prices are indicative.





# The Paris-Brest

## WHIPPED COCONUT FILLING

Ingredients	Quantity	Cost (SGD)	% of Total
Cream	675g	\$3.38	21.6%
Gelatin Masse	35g	\$0.30	1.9%
Pâtissier Chocolate Artisan White 32% Couverture	220g	\$2.64	16.9%
Pâtissier Chocolate Artisan Coconut Praline	280g	\$7.93	50.7%
Vanilla Pods	1g	\$1.40	8.9%
Total Cost		Single Portion \$1.57	Whole Recipe \$15.65

- 1.Boil Cream and Vanilla Pods first and remove from stove.
- 2.Add Gelatin Masse and dissolve.
- 3.Sieve over Pâtissier Chocolate Artisan White 32% Couverture and Coconut Praline.
- Use hand-mixer to smooth it.
- 4.Store in Chiller overnight and it will be ready to be whip using mixer with whisk.
- 5.Pipe over cooked Choux Paste immediately.

## ASSEMBLY

- 1.Slice Choux Paste into half and drizzle the fudge caramel at the bottom.
- 2.Pipe the Coconut Filling again and add Fudge Caramel on top.
- 3.Close the Choux Paste with dusting and decorate with roasted Hazelnuts and Gold leaves. Ready to be serve.

Nutritional Facts			
Serving Size		121.1g	
Servings per Container		10	
Amount per serving			
Calories		1050 from Fat 410	
		% Daily Values*	
Total Fat 45g		69%	
Saturated Fat 26g		130%	
Trans Fat 0g			
Polyunsaturated Fat 2g			
Monounsaturated 10g			
Cholesterol 95mg		32%	
Sodium 50mg		2%	
Total Carbohydrate 27g		9%	
Dietary Fiber 2g		8%	
Protein 4g			
Vitamin A 20%		Vitamin C 2%	
Calcium 10%		Iron 4%	
* Percent Daily Values are based on a 2000 calorie diet.			



All stated prices are indicative.