



Abundance

Coconut Dacquoise

| Ingredients | Quantity | Cost (SGD) | % of Total |
|--------------------|----------|------------|------------|
| Icing Sugar | 240g | \$0.72 | 14.7% |
| Almond Powder | 120g | \$1.87 | 38.1% |
| Desiccated Coconut | 120g | \$1.25 | 25.4% |
| All-Purpose Flour | 21g | \$0.04 | 0.7% |
| Egg Whites | 320g | \$0.70 | 14.3% |
| Sugar | 80g | \$0.33 | 6.8% |
| Icing Sugar | 240g | \$0.72 | 14.7% |

| Total Cost | Single Portion | Whole Recipe |
|------------|----------------|--------------|
| | \$0.37 | \$4.9 |

| Nutrition Facts | |
|--|----------------------|
| Serving Size 67.6g | |
| Servings Per Container about 13 | |
| Amount Per Serving | |
| Calories 210 | Calories From Fat 60 |
| % Daily Value | |
| Total Fat 7g | 11% |
| Saturated Fat 5g | 25% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 45mg | 2% |
| Total Carbohydrate 29g | 10% |
| Dietary Fiber 2g | 8% |
| Protein 7g | |
| Vitamin A 0% | Vitamin C 0% |
| Calcium 4% | Iron 6% |
| * Percent Daily Values are based on a 2000 calorie diet. | |

1. Mix icing sugar, flour, almond power and desiccated coconut together.
2. Make a meringue with egg whites and sugar, then slowly fold in the mixture.
3. Bake at 180°C for 15-20 minutes.

All stated prices are indicative.



Abundance

Streusel

| Ingredients | Quantity | Cost (SGD) | % of Total |
|-------------------|----------|------------|------------|
| All-Purpose Flour | 110g | \$0.18 | 4.7% |
| Sugar | 100g | \$0.42 | 10.6% |
| Almond Powder | 100g | \$1.56 | 39.9% |
| Unsalted Butter | 100g | \$1.75 | 44.8% |

| | | |
|------------|--------------------------|------------------------|
| Total Cost | Single Portion \$0.39 | Whole Recipe \$3.91 |
|------------|--------------------------|------------------------|

1. Peddle butter with sugar and add in sifted flour and almond powder.
2. Bake at 150°C for around 15 minutes.

White Crispy Base

| Ingredients | Quantity | Cost (SGD) | % of Total |
|--|----------|------------|------------|
| Streusel | 100g | \$0.95 | 79.3% |
| Pâtissier Chocolate Artisan White 32% Couverture | 30g | \$0.25 | 20.7% |

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|------------|--------------------------|------------------------|
| Total Cost | Single Portion \$0.12 | Whole Recipe \$1.20 |
|------------|--------------------------|------------------------|

1. Melt chocolate and mix with the rest of the ingredients.
2. Fill in a desired size as a base and let it set.

Nutrition Facts

| | |
|--|----------------------|
| Serving Size 41g | |
| Servings Per Container 10 | |
| Amount Per Serving | |
| Calories 190 | Calories From Fat 90 |
| % Daily Value | |
| Total Fat 10g | 15% |
| Saturated Fat 5g | 26% |
| Trans Fat 0g | |
| Cholesterol 20mg | 7% |
| Sodium 85mg | 3% |
| Total Carbohydrate 21g | 7% |
| Dietary Fiber 0g | 0% |
| Protein 5g | |
| Vitamin A 6% | Vitamin C 0% |
| Calcium 6% | Iron 8% |
| * Percent Daily Values are based on a 2000 calorie diet. | |

Nutrition Facts

| | |
|--|----------------------|
| Serving Size 13g | |
| Servings Per Container 10 | |
| Amount Per Serving | |
| Calories 60 | Calories From Fat 35 |
| % Daily Value | |
| Total Fat 3.5g | 6% |
| Saturated Fat 2g | 10% |
| Trans Fat 0g | |
| Cholesterol 5mg | 2% |
| Sodium 25mg | 1% |
| Total Carbohydrate 7g | 2% |
| Dietary Fiber 0g | 0% |
| Protein 1g | |
| Vitamin A 2% | Vitamin C 0% |
| Calcium 2% | Iron 2% |
| * Percent Daily Values are based on a 2000 calorie diet. | |

All stated prices are indicative.



Abundance

Kumquat Cremeux

| Ingredients | Quantity | Cost (SGD) | % of Total |
|-----------------|----------|------------|------------|
| Kumquat Puree | 250g | \$7.25 | 78.8% |
| Sugar | 50g | \$0.21 | 2.3% |
| Egg Yolks | 40g | \$0.12 | 1.3% |
| Masse Gelatine | 25g | \$0.22 | 2.4% |
| Unsalted Butter | 80g | \$1.40 | 15.2% |

| | | |
|------------|--------------------------|------------------------|
| Total Cost | Single Portion \$0.92 | Whole Recipe \$9.20 |
|------------|--------------------------|------------------------|

1. Make a cream anglaise with kumquat puree, sugar & egg yolks to 82°C.
2. Add in masse gelatine.
3. When mixture cool down to 40-45°C, add in room temperature butter with hand blender to form a good emulsion.

Yellow Spray

| Ingredients | Quantity | Cost (SGD) | % of Total |
|---|----------|------------|------------|
| Pâtissier Chocolate Artisan Royal Yellow Cocoa Butter | 100g | \$6 | 78.4% |
| Pâtissier Chocolate Artisan White 32% Couverture | 200g | \$1.66 | 21.6% |

| | | |
|------------|--------------------------|------------------------|
| Total Cost | Single Portion \$0.15 | Whole Recipe \$7.66 |
|------------|--------------------------|------------------------|

1. Melt chocolate and yellow cocoa butter, mix well and it will be ready to spray.

Nutrition Facts

| | |
|--|----------------------|
| Serving Size 44.5g | |
| Servings Per Container 10 | |
| Amount Per Serving | |
| Calories 110 | Calories From Fat 70 |
| % Daily Value | |
| Total Fat 8g | 12% |
| Saturated Fat 4.5g | 22% |
| Trans Fat 0g | |
| Cholesterol 70mg | 23% |
| Sodium 70mg | 3% |
| Total Carbohydrate 9g | 3% |
| Dietary Fiber 2g | 7% |
| Protein 1g | |
| Vitamin A 8% | Vitamin C 15% |
| Calcium 2% | Iron 2% |
| * Percent Daily Values are based on a 2000 calorie diet. | |

Nutrition Facts

| | |
|--|----------------------|
| Serving Size 6g | |
| Servings Per Container 50 | |
| Amount Per Serving | |
| Calories 40 | Calories From Fat 25 |
| % Daily Value | |
| Total Fat 3g | 5% |
| Saturated Fat 2g | 10% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 0mg | 0% |
| Total Carbohydrate 3g | 1% |
| Dietary Fiber 0g | 0% |
| Protein 0g | |
| Vitamin A 0% | Vitamin C 0% |
| Calcium 0% | Iron 0% |
| * Percent Daily Values are based on a 2000 calorie diet. | |

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Abundance

Chamomile Whip Ganache

| Ingredients | Quantity | Cost (SGD) | % of Total |
|--|------------|------------|------------|
| Chamomile Tea | 16g (4bag) | \$3.53 | 27.3% |
| Milk | 250g | \$0.63 | 4.8% |
| Pâtissier Chocolate Artisan White 32% Couverture | 360g | \$4.33 | 33.5% |
| Masse Gelatine | 80g | \$0.70 | 5.4% |
| Cream | 752g | \$3.76 | 29% |

| Total Cost | Single Portion \$1.29 | Whole Recipe \$12.9 |
|------------|-----------------------|---------------------|
| | | |

| Nutrition Facts | |
|--|--------------|
| Serving Size 146g | |
| Servings Per Container 10 | |
| Amount Per Serving | |
| Calories 490 Calories From Fat 380 | |
| % Daily Value | |
| Total Fat 42g | 65% |
| Saturated Fat 27g | 133% |
| Trans Fat 0g | |
| Cholesterol 115mg | 38% |
| Sodium 60mg | 3% |
| Total Carbohydrate 23g | 8% |
| Dietary Fiber 0g | 0% |
| Protein 5g | |
| Vitamin A 25% | Vitamin C 4% |
| Calcium 15% | Iron 0% |
| * Percent Daily Values are based on a 2000 calorie diet. | |

1. Infuse the tea and milk overnight.
2. Boil the infused milk and pour into Pâtissier Chocolate Artisan White 32% Couverture and masse gelatine.
3. Add in cream and use hand blender to form a good emulsion.
4. Rest overnight in chiller and it will be ready to whip.



All stated prices are indicative.