



## Sweet Tooth

### Chocolate Macaron

Ingredients	Quantity	Cost (SGD)	% of Total
Almond Powder	254g	\$9.65	79.7%
Icing Sugar	254g	\$0.76	6.3%
Pâtissier Chocolate Artisan 22-24% Cocoa Powder	20g	\$0.30	2.5%
Egg Whites (1) Room Temperature	100g	\$0.22	1.8%
Egg Whites (2) Room Temperature	100g	\$0.22	1.8%
Sea Salt	2g	\$0.01	0.1%
Water	56g		
Sugar	228g	\$ 0.95	7.8%

Total Cost	Single Portion \$ 0.61	Whole Recipe \$12.11

Nutrition Facts	
Serving Size 0	
Servings Per Container 20	
Amount Per Serving	
<b>Calories</b> 180	Calories From Fat 60
% Daily Value	
<b>Total Fat</b> 7g	<b>10%</b>
Saturated Fat 1g	<b>4%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 55mg	<b>2%</b>
<b>Total Carbohydrate</b> 27g	<b>9%</b>
Dietary Fiber 0g	<b>0%</b>
<b>Protein</b> 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 4%
* Percent Daily Values are based on a 2000 calorie diet.	

- Mix egg whites (2) and sea salt in a mixing bowl and set aside, rest for 10 minutes.
- Blend almond powder, icing sugar and Pâtissier Chocolate Artisan 22-24% Cocoa Powder with thermomix and add in egg whites (1) to form a dough.
- Boil water and sugar to 118°C and slowly pour into egg whites mixture.
- Pipe to desired shape and size, rest for 30 minutes – 1 hour until the macaron become dry.
- Bake at 130°C in convection oven for 20 – 30 minutes.

All stated prices are indicative.



## Sweet Tooth

### Blueberry Ganache

Ingredients	Quantity	Cost (SGD)	% of Total
Pâtissier Chocolate Artisan White 32% Couverture	220g	\$2.64	56.9%
Cream	32g	\$0.16	3.5%
Milk	32g	\$0.08	1.7%
Blueberry Puree	40g	\$0.70	15.1%
Lemon Puree	40g	\$0.50	10.8%
Trimoline	6g	\$0.03	0.7%
Unsalted Butter	30g	\$0.53	11.3%

Total Cost	Single Portion \$0.23	Whole Recipe \$4.64
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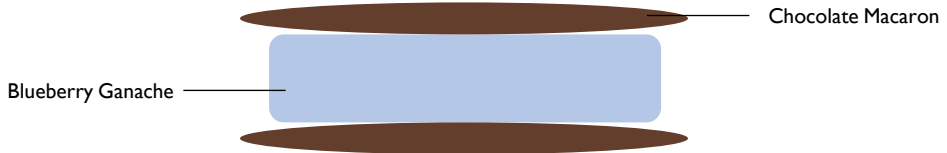
1. Boil milk, cream, blueberry puree, lemon puree and trimoline and pour over to Pâtissier Chocolate Artisan White 32% Couverture. Mix well.
2. When ganache drop to 40-45°C, add in room temperature butter, and use hand blender to blend well.
3. Rest for overnight and sandwich with macaron.

Nutrition Facts	
Serving Size 20g	
Servings Per Container 20	
Amount Per Serving	
<b>Calories</b> 80	Calories From Fat 50
% Daily Value	
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 4g	<b>19%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 25mg	<b>1%</b>
<b>Total Carbohydrate</b> 7g	<b>2%</b>
Dietary Fiber 0g	<b>0%</b>
<b>Protein</b> 1g	
Vitamin A 2%	Vitamin C 0%
Calcium 2%	Iron 0%
* Percent Daily Values are based on a 2000 calorie diet.	

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