



# *Recipe inspiration booklet*

## CARTE D'OR DESSERTS







## *Dear chef*

Preparing a range of eye-catching & memorable desserts consistently within any kitchen can be a challenge.

Carte D'Or is proud to introduce its great tasting dessert range that has been specially crafted by our chefs with creativity and versatility in mind. In this recipe guide there are desserts for every occasion to help inspire your own dessert creations.

Our heritage stretches back to 1978 in a specialist dessert restaurant in Paris, where the first Carte D'Or dessert was formed. This professional heritage is still alive today. Our new range has been exclusively created for chefs to allow you to expand your creations and feel confident from preparation to presentation and service.

Kind regards,

*Alex Hall, Executive Chef*

## Heritage

Founded in Paris exclusively  
for chefs in 1978

## Application

Great for piping, shaping,  
moulding & cutting

## Consistency


Always the same great  
taste in only 3-4 steps

## Versatility

A wide range lets you create  
endless dessert options







Expand your options,  
not your workload



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# White Chocolate Panna Cotta

## with Dark Chocolate Mousse & Spiced Sour Cherries

130 g Panna Cotta  
500 ml Semi skimmed milk  
500 ml Whipping cream  
60 g White chocolate

### For the White Chocolate Panna Cotta:

Bring the milk to the boil.

Add the CARTE D'OR Panna Cotta to the boiling milk. Whisk for approximately 30 seconds until fully dissolved.

Remove from the heat, then add in the cream and white chocolate.

Stir into the mix until the chocolate has melted.

Allow to cool for a couple of minutes and divide between 10 dessert glasses.

Refrigerate for at least 3 hours until set.

150 g Caster sugar  
40 ml White wine vinegar  
10 g Cinnamon sticks  
2 g Star anise  
240 g Cherries

### For the Spiced Sour Cherries:

Heat the sugar then vinegar together until a light caramel is achieved.

Reduce the heat and add the star anise, cinnamon and cherries.

Cover the pan and keep on a low heat for 3-5 minutes until the cherries are cooked. Allow to cool, and keep chilled until needed.

120 g Chocolate Mousse  
250 ml Semi skimmed milk

### For the Dark Chocolate Mousse:

Pour the cold milk into a bowl and add the CARTE D'OR Chocolate Mousse. Whisk with an electric mixer for 2 minutes at a low speed followed by 5 minutes at high speed.

Transfer into a bowl and set aside.

### To assemble:

Top the white chocolate panna cottas with the sour cherries and a quenelle of the chocolate mousse, finish with a drizzle of the cherry cooking liquor.

for 10 portions

130 g CARTE D'OR Panna Cotta  
120 g CARTE D'OR Chocolate Mousse  
500 ml Whipping cream  
750 ml Semi skimmed milk  
60 g White chocolate  
150 g Caster Sugar  
40 ml White wine vinegar  
240 g Cherries (halved and pitted)  
10 g Cinnamon sticks  
2 g Star anise







# Buttermilk Panna Cotta

## with Poached Summer Fruits

130 g Panna Cotta  
500 ml Whipping cream  
500 ml Buttermilk

### For the Buttermilk Panna Cotta:

Bring the cream to the boil.  
Add the CARTE D'OR Panna Cotta to the boiling cream.  
Whisk for approximately 30 seconds until fully dissolved.  
Remove from the heat then add in the buttermilk and stir into the mix.  
Allow to cool for a couple of minutes and divide between 10 dessert glasses.  
Refrigerate for at least 3 hours until set.

### For the Poached Summer Fruits:

100 ml Water  
150 g Caster sugar  
1no. Lemon  
1 g Star anise  
5 g Vanilla (pod)  
250 g Strawberries  
150 g Blueberries

Remove the tops of the strawberries and cut in halve or quarters depending on size. Peel the zest from the lemon and extract the juice.  
Cut the vanilla pod in halve lengthways.  
Place the vanilla, star anise, lemon zest, lemon juice, sugar and water together in a pan and bring to the boil. Add the strawberries and blueberries and remove from the heat.  
Cover and leave to cool. Chill until needed.

### To assemble:

Top the panna cottas with the poached summer fruits and finish with some of the poaching liquor poured over the fruits.

for 10 portions

130 g CARTE D'OR Panna Cotta  
500 ml Whipping cream  
500 ml Buttermilk  
150 g Caster sugar  
100 ml Water  
1no. Lemon  
1 g Star anise  
5 g Vanilla (pod)  
250 g Strawberries  
150 g Blueberries







# Raspberry Panna Cotta

## with Granola

130 g Panna Cotta  
500 ml Whipping cream  
500 ml Semi skimmed milk

### For the Panna Cotta:

Bring the milk to the boil.

Add the CARTE D'OR Panna Cotta to the boiling milk.

Whisk for approximately 30 seconds until fully dissolved.

Remove from the heat then add in the cream and stir into the mix.

Pour into individual dariole moulds or ramekins and refrigerate for at least 3 hours until set.

### For the Granola:

10 g Unsalted butter  
35 ml Maple syrup  
13 g Honey  
3 ml Vanilla extract  
75 g Whole rolled oats  
13 g Sunflower seeds  
13 g Pumpkin seeds  
13 g Dried apricots  
25 g Almonds  
13 g Dried cherries  
13 g Coconut flakes

Preheat an oven to 150c. Line an oven tray with greaseproof paper.

In a pan melt the honey, unsalted butter, maple syrup and vanilla extract.

Place the remaining ingredients except for the dried fruit and coconut in a large bowl. Pour the honey mixture over and mix well.

Place on the lined tray, spreading evenly and bake for around 15 minutes.

Mix through the dried fruit and coconut and bake for another 10-15 minutes until golden. Remove from the oven and allow to cool.

Place in an airtight container until needed.

### To assemble:

300 ml Raspberry Coulis 1L  
130 g Panna Cotta

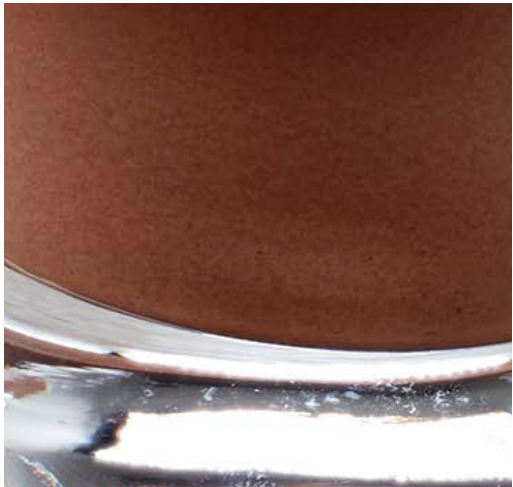
To serve, turn each panna cotta out onto serving plates.

Spoon over the CARTE D'OR Raspberry Coulis on or around the panna cotta and top with the granola and raspberries.

for 10 portions

130 g CARTE D'OR Panna Cotta  
300 ml CARTE D'OR Raspberry Coulis 1L  
500 ml Semi skimmed milk  
500 ml Whipping cream  
10 g Unsalted butter  
35 ml Maple syrup  
13 g Honey  
3 ml Vanilla extract  
75 g Whole rolled oats  
13 g Sunflower seeds  
13 g Pumpkin seeds  
25 g Almonds  
13 g Dried apricots  
13 g Coconut flakes  
13 g Dried cherries  
200 g Raspberries







# Chocolate & Earl Grey Panna Cotta

## For the Earl Grey Panna Cotta:

130 g Panna Cotta  
500 ml Semi skimmed milk  
500 ml Whipping cream  
4g Pure Leaf Earl Grey Tea  
80 g Dark chocolate  
20 g Cocoa powder

Bring the milk and Pure Leaf Earl Grey tea to the boil.  
Add the CARTE D'OR Panna Cotta and cocoa powder to the boiling milk.  
Whisk for approximately 30 seconds until fully dissolved.  
Remove from the heat, then add in the cream and dark chocolate.  
Stir into the mix until the chocolate has melted.  
Allow to cool and infuse for 2 minutes then pass the mixture through a fine sieve and divide between the dessert glasses.  
Refrigerate for at least 3 hours until set.

## To assemble:

5 g Edible flowers

Garnish with a mixture of edible flowers.

for 10 portions

130 g CARTE D'OR Panna Cotta  
500 ml Semi skimmed milk  
500 ml Whipping cream  
80 g Dark chocolate  
20 g Cocoa powder  
4g Pure Leaf Earl Grey tea  
5 g Edible flowers







# Vanilla Cheesecake

## with Confit Orange Zest

### For the Biscuit Base:

125 g Unsalted butter  
125 g Digestive biscuits

Using a blender, process the biscuits to medium fine crumb.  
Melt the unsalted butter in a small pan and mix well with the biscuit crumb.  
Divide the mixture between dessert glasses or jars and press down with a small spoon to form the base of the cheesecake then refrigerate.

### For the Cheesecake Filling:

60 g Panna Cotta  
10 g Vanilla (pod)  
300 g Light cream cheese  
335 ml Whipping cream

Bring the cream to the boil.  
Add the CARTE D'OR Panna Cotta to the boiling cream.  
Remove from the heat and whisk for approximately 30 seconds until fully dissolved.  
Whisk in the cream cheese until the mixture is smooth.  
Pipe or pour the mixture into the glasses/jars.  
Refrigerate for a couple of hours until set.

### For the Confit Orange Zest:

1no. Orange  
100g Caster sugar  
100 ml Water

Using a peeler remove the zest from the orange avoiding the pith. Cut into small thin strips.  
Juice the remaining orange and place the juice into a pan along with the sugar and water. Bring to the boil to dissolve the sugar and set aside.  
Place the orange strips into a small pan of cold water and bring to the boil.  
Drain the zest and refresh in cold water.  
Add the blanched zest to the orange stock syrup and simmer gently for 10-15 minutes until the syrup has thickened and the zest has candied.

### To assemble:

Place the confit zest on top of the set cheesecakes and serve.

for 10 portions

60 g CARTE D'OR Panna Cotta  
300 g Light cream cheese  
10 g Vanilla (pod)  
125 g Digestive biscuits  
125 g Unsalted butter  
335 ml Whipping cream  
1no. Orange  
100 g Caster sugar  
100 ml Water







# Set Lemon Cream Meringue

## For the set Lemon Cream:

190g Crème Brûlée  
750 ml Semi  
skimmed milk  
750 ml Double cream  
6 g Lemon zest

Double line a 1/2 gastronorm tray with clingfilm.  
Place the milk and cream into a pan.  
Add in the lemon zest then bring to the boil.  
Remove from the heat and whisk in the CARTE D'OR Crème Brûlée until fully dissolved.  
Strain the mix straight into the lined gastronorm and refrigerate for 3 hours.

## For the Italian Meringue:

225 g Caster sugar  
100 ml Water  
120 g Egg white

Place the sugar in a pan, then gently add the water.  
Place the pan on the heat and bring to the boil.  
If the sugar is coming up the sides of the pan brush down with a little water to prevent it from crystallising.  
Using a thermometer take the sugar up to 120c.  
When the sugar is at 110c start the electric whisk on the egg whites.  
Once the sugar is at 120c pour a steady stream of the sugar into the egg whites whilst the machine is still running.  
Keep going until all the sugar is incorporated into the whites.  
Continue to whisk until cool.  
Place the egg whites into a piping bag with star nozzle for use later.

## To serve:

20no. Raspberries  
20 x Assorted  
flowers  
3 g Micro Lemon Balm

Gently slide the lemon cream on to a board leaving it on the cling film.  
Cut the lemon cream using a hot knife.  
Pick up and place a slice on to a serving plate.  
Pipe the Italian meringue on top then using a blow torch lightly colour.  
Place the lemon balm, flowers and raspberries on the side to garnish.

for 10 portions

190 g CARTE D'OR Crème Brûlée  
750 ml Semi skimmed milk  
750 ml Double cream  
6 g Lemon zest  
225 g Caster sugar  
100 ml Water  
120 g Egg white  
200 g Raspberries  
20no. Assorted flowers  
3 g Micro Lemon Balm







# Winterberry trifle

## For the Ginger Sponge:

135 g Unsalted butter  
 135 g Muscovado sugar  
 135 g Black treacle  
 200 g Plain flour  
 12 g Cinnamon  
 12 g Ground ginger  
 3 g Ground nutmeg  
 60 g Egg  
 175 ml Semi skimmed milk  
 6 g Bicarbonate of Soda

Pre-heat an oven to 180c.  
 Line a ½ gastronorm tray with greaseproof paper.  
 Place the unsalted butter, dark brown sugar and black treacle into a pan and gently heat until all melted and combined.  
 Combine the plain flour, ground ginger, cinnamon, nutmeg and bicarbonate into a bowl.  
 Slowly whisk the sugar mixture into the flour and spice mix.  
 Then whisk in the milk and eggs until smooth.  
 Pour the batter into the lined mould, then bake for 20-30 minutes or until cooked. This can be checked with a skewer - if it comes out clean, the cake is cooked. Allow to cool. Once cool, dice the cake into small cubes.

## For the Fruit Compote:

280 g Blackberries  
 175 g Raspberries  
 175 g Blueberries  
 100 g Caster sugar  
 75 ml Water

Place the sugar and water into a pan and bring to the boil.  
 Add in the blackberries, raspberries and blueberries cook for 2 minutes or until the fruit has started to break down.  
 Allow to cool in the pan.

## To build and serve:

125 g Crème Brûlée  
 850 ml Whipping cream  
 500 ml Semi skimmed milk  
 50 ml Sherry  
 20 g Almonds

Place the ginger cake in the base of the glass, then sprinkle over some sherry, then top with the fruit compote.  
 Place in the fridge and allow to chill.  
 Whilst chilling bring the milk and 500ml whipping cream to the boil.  
 Remove from the heat and whisk in the CARTE D'OR Crème Brûlée until fully dissolved.  
 Pour mix on top of the fruit layer, allowing enough room to pipe cream on top. Then place in the fridge to chill.  
 Whisk the remaining cream to firm peaks then and pipe on top.  
 Top with ginger sponge and flaked almonds.

for 10 portions

125 g CARTE D'OR Crème Brûlée  
 850 ml Whipping cream  
 675 ml Semi skimmed milk  
 135 g Unsalted butter  
 135 g Muscovado sugar  
 135 g Black treacle  
 200 g Plain flour  
 12 g Cinnamon  
 12 g Ground ginger  
 3 g Ground nutmeg  
 6 g Bicarbonate of Soda  
 60 g Egg  
 280 g Blackberries  
 175 g Raspberries  
 175 g Blueberries  
 100 g Caster sugar  
 75 ml Water  
 50 ml Sherry  
 20 g Almonds - Flakes, toasted







# Banana Brûlée tart

## For the Banana Brûlée Tart:

125 g Crème Brûlée  
500 ml Semi skimmed milk  
500 ml Whipping cream  
250 g Bananas  
10 x Sweet tart cases  
150 g Demerara sugar

Bring the milk and cream to the boil.

Remove from the heat and whisk in the CARTE D'OR Crème Brûlée until fully dissolved.

Pour the mix into a blender and add the bananas.

Blend until smooth then strain the mixture into a jug and pour into the tart cases.

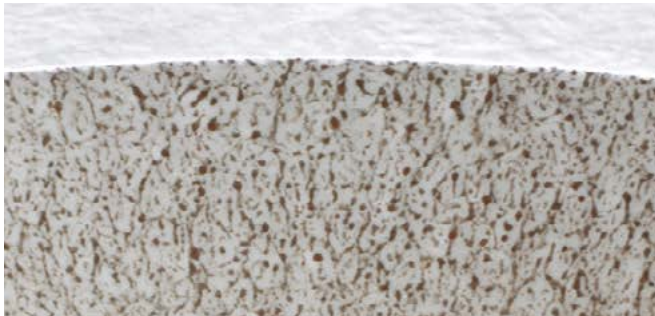
Chill for 2 hours.

Prior to serving place a thin layer of the Demerara sugar on top of each tart, then glaze with a blow torch to finish.

for 10 portions

125 g CARTE D'OR Crème Brûlée  
500 ml Semi skimmed milk  
500 ml Whipping cream  
250 g Bananas, peeled  
10no. Sweet tart cases  
150 g Demerara sugar







# Stem Ginger Crème Caramel

## For the Stem Ginger Crème Caramel:

190 g Crème Brûlée  
300 g Caster sugar  
90 g Stem ginger  
1.5 l Semi skimmed milk

Place the sugar in a heavy bottom pan with a little water and cook until a light caramel is achieved.  
Pour the caramel into the base of your moulds and allow to set.  
Take the stem ginger out of the syrup then finely dice.  
Bring the milk and the finely diced stem ginger to the boil.  
Remove from the heat and whisk in the CARTE D'OR Crème Brûlée until fully dissolved.  
Pour the mix into the moulds and refrigerate for 3 hours before serving.

## To serve:

Gently warm the base of the moulds to loosen the dessert.  
Then turn out on to a dessert plate and garnish with some additional stem ginger.

for 10 portions

190 g CARTE D'OR Crème Brûlée  
1.5 l Semi skimmed milk  
90 g Stem ginger  
300 g Caster sugar







# Bramble Custard with Granola

## For the Granola:

10 g Unsalted butter  
35 ml Maple syrup  
13 g Honey  
3 ml Vanilla extract  
75 g Whole rolled oats  
13 g Sunflower seeds  
13 g Pumpkin seeds  
13 g Dried apricots  
25 g Almonds  
13 g Dried cherries  
13 g Coconut flakes

Preheat an oven to 150c. Line an oven tray with greaseproof paper.  
In a pan melt the honey, unsalted butter, maple syrup and vanilla extract.  
Place the remaining ingredients except for the dried fruit and coconut in a large bowl.  
Pour the honey mixture over and mix well.  
Place on the lined tray, spreading evenly and bake for around 15 minutes.  
Mix through the dried fruit and coconut and bake for another 10-15 minutes until golden. Remove from the oven and allow to cool.  
Place in an airtight container until needed.

## For the Bramble Base:

450 g Bramley apples  
75 ml Water  
75 g Caster sugar  
190 g Blackberries  
2 g Cinnamon

Peel and dice the apples.  
Place the apples, water, sugar and cinnamon into a pan and bring to boil.  
Stir continuously until the apples start to break down.  
Add in the blackberries and remove from the heat.  
Split the mix between your serving dishes and allow to chill.

## For the Custard Topping:

125 g Crème Brûlée  
500 ml Semi skimmed milk  
500 ml Whipping cream

Bring the milk and cream to the boil.  
Remove from the heat and whisk in the CARTE D'OR Crème Brûlée until fully dissolved.  
Pour an equal quantity on top of the bramble mix and place in the fridge for 3 hours to chill.

## To serve:

When ready to serve top with the granola.

for 10 portions

125 g CARTE D'OR Crème Brûlée  
500 ml Semi skimmed milk  
500 ml Whipping cream  
10 g Unsalted butter  
35 ml Maple syrup  
13 g Honey  
3 ml Vanilla extract  
75 g Whole rolled oats  
13 g Sunflower seeds  
13 g Pumpkin seeds  
25 g Almonds  
13 g Dried apricots  
13 g Coconut flakes  
13 g Dried cherries  
450 g Bramley apples  
75 ml Water  
75 g Caster sugar  
190 g Blackberries  
2 g Cinnamon







# Chocolate Coffee Mousse

## with Irish Whiskey Cream

240 g Chocolate Mousse  
500 ml Semi skimmed milk  
20 g Instant coffee

### For the Chocolate Coffee Mousse:

Place the CARTE D'OR Chocolate Mousse, instant coffee and milk into a bowl. Whisk with an electric mixer for 2 minutes at a low speed followed by 5 minutes at high speed.  
Transfer the mix to a piping bag and pipe into glasses.  
Leave to set in the fridge.

### For the Irish Whiskey Cream:

225 ml Whipping cream  
75 ml Whiskey  
40 g Icing sugar

Place the whipping cream, Irish Whiskey and icing sugar in a bowl and whisk until soft peaks are formed.  
Place the mix into a piping bag then pipe a layer on top of the chocolate mousse.

for 10 portions

240 g CARTE D'OR Chocolate Mousse  
500 ml Semi skimmed milk  
20 g Instant coffee  
225 ml Whipping cream  
75 ml Whiskey  
40 g Icing sugar







# Dark Chocolate Mousse

## with Poached Pears & Walnuts

### For the Poached Pears:

1.3 l Water  
300 g Caster sugar  
10 g Cinnamon sticks  
5 g Vanilla (pod)  
1no. Lemon  
950 g Pears

Peel the zest from the lemon and extract the juice.  
Cut the vanilla pod in half lengthways and scrape the seeds.  
Place the vanilla (pod and seeds), lemon zest, lemon juice, cinnamon stick, water and sugar into a pan.  
Bring to a gentle simmer.  
Meanwhile, peel the pears and place into the poaching liquor.  
Gently poach for 20-25 minutes until tender.  
Remove from the pan, cover and allow to cool.

### For the Chocolate Mousse:

240 g Chocolate Mousse  
500 ml Semi skimmed milk

Pour the cold milk into a bowl and add the CARTE D'OR Chocolate Mousse.  
Whisk with an electric mixer for 2 minutes at a low speed followed by 5 minutes at high speed.  
Place into a piping bag and pipe into 10 dessert glasses.

### To assemble:

100 g Walnuts

Roughly chop the walnuts.  
Cut the poached pears into slices or cubes.  
Arrange the poached pear pieces and walnuts on top of the chocolate mousse.

for 10 portions

240 g CARTE D'OR Chocolate Mousse  
500 ml Semi skimmed milk  
1.3 l Water  
300 g Caster sugar  
10 g Cinnamon sticks  
5 g Vanilla (pod)  
1no. Lemon  
950 g Pears  
100 g Walnuts







# Black Forest Mousse

## For the Chocolate Mousse:

240 g Chocolate Mousse  
500 ml Semi skimmed milk

Pour the cold milk into a bowl and add the CARTE D'OR Chocolate Mousse.

Whisk with an electric mixer for 2 minutes at a low speed followed by 5 minutes at high speed.

Place into a piping bag.

## For the Sour Cherries:

150 g Caster sugar  
40 ml White wine vinegar  
240 g Cherries  
10 g Cinnamon sticks  
2 g Star anise

Heat the sugar then vinegar together until a light caramel is achieved.

Reduce the heat and add the star anise, cinnamon and cherries.

Cover the pan and keep on a low heat for 3-5 minutes until the cherries are cooked. Allow to cool, and keep chilled until needed.

## For the Chantilly Cream:

300 ml Whipping cream  
16 g Icing sugar  
5 ml Vanilla extract

Pour the cream into a large mixing bowl then whisk until soft peaks form.

Add in the icing sugar and vanilla extract and mix in gently until well incorporated. Set aside.

## To assemble:

500 g Chocolate brownies

Cut the brownie into small cubes and place at the base of each dessert glass.

Pipe the chocolate mousse onto the brownie.

Quenelle or pipe some chantilly cream on to each mousse and top with the spiced sour cherries and the cooking liquor.

for 10 portions

240 g CARTE D'OR Chocolate Mousse  
500 ml Semi skimmed milk  
150 g Caster sugar  
40 ml White wine vinegar  
240 g Cherries (halved and pitted)  
10 g Cinnamon sticks  
2 g Star anise  
500 g Chocolate brownies  
300 ml Whipping cream  
16 g Icing sugar  
5 ml Vanilla extract







# Chocolate, Raspberry & Amaretti Mousse

## For the Chocolate Mousse:

240 g Chocolate Mousse  
500 ml Semi skimmed milk

Pour the cold milk into a bowl and add the CARTE D'OR Chocolate Mousse.

Whisk with an electric mixer for 2 minutes at a low speed followed by 5 minutes at high speed.

Place into a piping bag and pipe into 10 dessert glasses or jars.

## To assemble:

100 g Amaretti biscuits  
150 g Raspberries  
40 g Dried raspberries

Lightly crush the amaretti biscuits and dried raspberries.

Arrange the fresh raspberries, dried raspberries and amaretti biscuits on top of the mousse.

for 10 portions

240 g CARTE D'OR Chocolate Mousse  
500 ml Semi skimmed milk  
100 g Amaretti biscuits  
150 g Raspberries  
40 g Dried raspberries





# Millionaire's Shortbread Mousse

65 g Icing sugar  
135 g Plain flour  
65 g Cornflour  
135 g Unsalted butter

## For the Shortbread:

Dice the unsalted butter.

Place flour, cornflour, icing sugar and unsalted butter into an electric mixer and start to mix until fully combined.

Remove the dough from the machine.

Place the mix between two pieces of greaseproof paper and roll into an oblong approx. 50cm long 8cm wide and 1cm thick.

Chill for an hour then remove the top layer of greaseproof paper.

Bake in a preheated oven (160c) for 12 minutes or until golden.

Remove the shortbread from the oven and whilst it is still warm press the oblong mould onto the biscuit then gently cut the shortbread on the inside of the mould.

Once fully chilled, remove the trimmed edges of the shortbread leaving a neat oblong that fits inside the mould.



200 g Caster sugar  
200 ml Whipping cream  
65 g Unsalted butter  
50 ml Water

## For the Butterscotch Sauce:

Place the sugar in a pan and add the water.

Bring to the boil without stirring the pan and leave until a light caramel is formed.

Remove the pan from the heat and whisk in the unsalted butter and whipping cream.

Allow the mix to cool completely then place in a piping bag.

120 g Chocolate Mousse  
250 ml Semi skimmed milk

### To build and make the Chocolate Mousse:

Pour the cold milk into a bowl and add the CARTE D'OR Chocolate mousse. Whisk with an electric mixer for 2 minutes at a low speed followed by 5 minutes at high speed.

Transfer the mix to a piping bag.

Pipe a domed line of the butterscotch sauce on the middle of the shortbread.

Pipe the chocolate mousse on top of the shortbread ensuring there are no air pockets.

Run a palate knife along the mould to ensure that the top is smooth.

Place the mousse in the fridge and chill for 3 hours.

### To finish and serve:

135 g Caster sugar  
55 g Cocoa powder  
150 ml Water  
150 ml Whipping cream  
3no. Gelatine leaves

Place the gelatine into cold water and leave to soak.

Place the water, cocoa powder, caster sugar and whipping cream in a pan and bring to the boil.

Simmer for 30 seconds then squeeze out the soaked gelatine leaves and whisk into the pan.

Pass the glaze through a fine sieve and allow to cool until it starts to thicken.

Remove the chocolate mousse from the fridge.

Gently heat the outside of the mould using a blowtorch and remove the oblong mould.

Place the mousse on to a wire rack.

Whisk the mirror glaze then pour in one fluid motion over the mousse ensuring even coverage.

Place the mousse into the freezer and allow to chill for at least an hour before slicing with a hot knife.

Garnish with gold leaf to serve.

for 10 portions

120 g CARTE D'OR Chocolate Mousse  
250 ml Semi skimmed milk  
65 g Icing sugar  
135 g Plain flour  
65 g Cornflour  
200 g Unsalted butter  
335 g Caster sugar  
350 ml Whipping cream  
200 ml Water  
55 g Cocoa powder  
3no. Gelatine leaves







# Mango Mousse

## with Passion Fruit Curd

### For the Passion Fruit Curd:

36 g Egg yolk  
50 g Egg  
75 g Caster sugar  
50 g Unsalted butter  
135 g Passion fruit puree  
2 g Orange zest

Beat the eggs, egg yolks and sugar together.

Melt the unsalted butter in a pan, then add the eggs, orange zest and passion fruit puree.

Continue to cook over a low heat whilst whisking until the mixture has thickened.

Remove from the heat, cover and allow to cool.

Keep chilled until needed.

### For the Mango Mousse:

190 g Mango Mousse  
500 ml Semi skimmed milk

Pour the cold milk into a bowl and add the CARTE D'OR Mango Mousse.

Whisk with an electric mixer for 2 minutes at a low speed followed by 5 minutes at high speed.

Place into a piping bag.

Pipe into 10 dessert glasses.

### To assemble:

80 g Passion fruit  
(flesh and seeds only)  
200 g Mango  
1no. Lime

Spoon the passion fruit curd over the mousse.

Top with passion fruit seeds and diced mango.

Zest the lime over each mousse.

for 10 portions

190 g CARTE D'OR Mango Mousse  
500 ml Semi skimmed milk  
200 g Mango, diced  
80 g Passion fruit (flesh and seeds only)  
36 g Egg yolk  
50 g Egg  
75 g Caster sugar  
50 g Unsalted butter  
2 g Orange zest  
135 g Passion fruit puree  
1no. Lime





# Lamington Cake

## with Mango Mousse

### For the Lamington Sponge:

150 g Egg  
150 g Caster sugar  
5 ml Vanilla extract  
150 g Plain flour  
5 g Baking powder  
85 g Unsalted butter

Preheat the oven to 170c.

Line a half gastronome tray with baking paper.

Halve the vanilla pod and scrape the seeds from the pod.

Melt the unsalted butter, allow to cool.

In a kitchen mixer, whisk the eggs, vanilla seeds and sugar together until pale and creamy.

Sift the baking powder and flour into the mixture and gently fold until fully combined.

Gradually fold in the melted butter.

Pour into the lined tray and bake for around 20-25 minutes until a skewer inserted into the middle of the cake comes out clean.

Allow to cool.

Divide the cake into equal rectangular pieces.

### To finish the Lamington:

Sift the icing sugar and cocoa in separate bowls.

In a pan melt the unsalted butter and mix in the milk.

Gradually whisk in the cocoa powder until it is fully dissolved.

Gradually whisk in the icing sugar until combined.

Remove from the heat and keep warm.

Place the desiccated coconut into a large bowl.

Dip the lamington sponges in the chocolate glaze and then roll in the desiccated coconut.

Place onto a wire rack to set.

Repeat the process until all the sponges are coated.

215 g Icing sugar  
35 g Cocoa powder  
40 g Unsalted butter  
125 ml Semi skimmed milk  
150 g Dessiccated coconut

95 g Mango Mousse  
250 ml Semi skimmed milk

### For the Mango Mousse:

Pour the cold milk into a bowl and add the CARTE D'OR Mango Mousse. Whisk with an electric mixer for 2 minutes at a low speed followed by 5 minutes at high speed. Place in a piping bag.

### To assemble:

200 g Mango  
50 g Coconut flakes  
1no. Lime

Place the lamingtons on serving dishes.  
Pipe the mango mousse on top of the lamingtons and finish with the coconut flakes.  
Zest a lime over the piped mousse.  
Dress the plate with the diced mango.



for 10 portions

95 g CARTE D'OR Mango Mousse  
375 ml Semi skimmed milk  
200 g Mango  
150 g Egg  
150 g Caster sugar  
5 ml Vanilla extract  
150 g Plain flour  
5 g Baking powder  
125 g Unsalted butter  
35 g Cocoa powder  
215 g Icing sugar  
150 g Dessiccated coconut  
50 g Coconut flakes  
1no. Lime







# Roasted Pineapple & Mango Mousse

## with Lime & Rum Syrup

### For the Roasted Pineapple:

1.8 kg Pineapple  
200 g Muscovado sugar  
100 ml Water  
2 Limes  
10 g Cinnamon sticks  
70 ml Rum  
100 g Raisins

Preheat an oven to 180c.

Remove the top and bottom of the pineapple.

Cut away the skin and slice each pineapple widthways into 5 rounds.

Using a small cutter or corer remove the core of the pineapple.

Juice and zest the limes and place in a pan together with all the other ingredients (except for the pineapple).

Reduce until you have a syrupy consistency.

Place the pineapple in an oven tray and mix with the rum syrup, cover with foil and cook in the oven for 20-25 minutes until tender.

Set aside and keep warm.

### For the Mango Mousse:

95 g Mango Mousse  
250 ml Semi skimmed milk

Pour the cold milk into a bowl and add the CARTE D'OR Mango Mousse.

Whisk with an electric mixer for 2 minutes at a low speed followed by 5 minutes at high speed. Set aside.

### To assemble:

1no. Lime

Place a slice of the roasted pineapple on each serving plate.

Quenelle the mango mousse on top of the roasted pineapple and spoon over the lime and rum syrup.

Grate a lime over each dessert.

for 10 portions

95 g CARTE D'OR Mango Mousse  
250 ml Semi skimmed milk  
1.8 kg Pineapple  
200 g Muscovado sugar  
100 ml Water  
3no. Limes  
10 g Cinnamon sticks  
70 ml Rum  
100 g Raisins







# Mango & Vanilla Rice Pudding

## with Roasted Apricots

70 g Mango Mousse  
280 ml Semi skimmed milk

### For the Mango Mousse:

Pour the cold milk into a bowl and add the CARTE D'OR Mango Mousse. Whisk with an electric mixer for 2 minutes at a low speed followed by 5 minutes at high speed. Set aside.

800 ml Semi skimmed milk  
200 g Pudding rice  
50 g Caster sugar  
10 g Vanilla (pod)  
2 g Cardamom powder

### For the Rice Pudding:

Halve the vanilla lengthways and scrape the seeds from the pod. Place the vanilla (pod and seeds), pudding rice, cardamom, sugar and milk into a pan. Stir well to combine until the ingredients are fully incorporated. Bring to a gentle boil whilst stirring and simmer for around 30 minutes until the rice is tender. Remove from the heat and allow to cool. Refrigerate until chilled.

300 g Apricots  
10 g Brown sugar  
10 g Honey

### For the Roasted Apricots:

Preheat an oven to 200c. Slice the apricots in half, remove the stones and cut each half into 3-4 slices. Place the slices on a lined oven tray and sprinkle each peach slice with the brown sugar and drizzle the honey over. Roast for 8-10 minutes until lightly caramelised. Set aside and keep warm.

### To assemble:

Fold the CARTE D'OR Mango Mousse through the cooked rice until evenly combined. Place into a piping bag and pipe the mixture into the base of 10 dessert glasses. Top with the warm roasted apricots.

for 10 portions

70 g CARTE D'OR Mango Mousse  
1.08 l Semi skimmed milk  
10 g Honey  
10 g Brown sugar  
300 g Apricots  
2 g Cardamom powder  
200 g Pudding rice  
50 g Caster sugar  
10 g Vanilla (pod)







# Mango & Cardamom Shrikhand

## For the Cardamom Mousse:

300 ml Plain yoghurt  
135 g Light cream cheese  
105 g Icing sugar  
2 g Green cardamom powder

Whisk the yoghurt, icing sugar and cream cheese together until smooth then fold in the cardamom powder.  
Place into a piping bag.

## For the Mango & Saffron Mousse:

330 ml Semi skimmed milk  
125 g Mango Mousse  
1 g Saffron

Mix the saffron with the milk, infuse for 5 minutes.  
Pour the infused milk into a bowl and add the CARTE D'OR Mango Mousse.  
Whisk with an electric mixer for 2 minutes at a low speed followed by 5 minutes at high speed.

## To assemble:

250 g Mango  
10 g Coconut flakes  
100 g Pistachio nuts

Place into a piping bag.  
Place half of the diced mango into the base of each dessert glass.  
Pipe a layer of the cardamom mousse, followed by the saffron mango mousse.  
Top with the rest of the mango, coconut flakes and chopped pistachios.

for 10 portions

125 g CARTE D'OR Mango Mousse  
330 ml Semi skimmed milk  
300 ml Plain yoghurt  
135 g Light cream cheese  
105 g Icing sugar  
2 g Green cardamom powder  
1 g Saffron  
250 g Mango  
10 g Coconut flakes  
100 g Pistachio nuts







# Lemon & Mango Bombe

## For the Lemon Bombe Base:

100 g Lemon Mousse  
250 ml Semi skimmed milk

Pour the cold milk into a bowl and add the CARTE D'OR Lemon Mousse. Whisk with an electric mixer for 2 minutes at a low speed followed by 5 minutes at high speed. Pipe in to half sphere moulds then level off with a palate knife. Place the tray into the freezer for 3 hours or until set.

## For the Mango Bombe Base:

95 g Mango Mousse  
250 ml Semi skimmed milk

Pour the cold milk into a bowl and add the CARTE D'OR Mango Mousse. Whisk with an electric mixer for 2 minutes at a low speed followed by 5 minutes at high speed. Pipe in to half sphere moulds then level off with a palate knife. Place the tray into the freezer for 3 hours or until set.

## To finish and serve:

120 g Dried raspberries

Crush the dried raspberries into a bowl. Remove the half sphere from the moulds and press alternate flavours together. Place one sphere in the bowl with the dried raspberries and roll it round until fully coated, then remove and place back in the freezer until ready to use. Repeat the process one at a time until all spheres are coated.

for 10 portions

100 g CARTE D'OR Lemon Mousse  
95 g CARTE D'OR Mango Mousse  
500 ml Semi skimmed milk  
120 g Dried raspberries







# Lemon & Stem Ginger Mousse

## with Ginger Palmiers

230 g Lemon Mousse  
570 ml Semi skimmed milk  
30 g Stem ginger

### For the Lemon & Ginger Mousse:

Finely chop the stem ginger.

Pour the cold milk into a bowl and add the CARTE D'OR Lemon Mousse. Whisk with an electric mixer for 2 minutes at a low speed followed by 5 minutes at high speed.

Mix through the chopped stem ginger.

Place into a piping bag and pipe into 10 dessert glasses.

### For the Palmier:

100 g Unsalted butter  
100 g Caster sugar  
150 g Egg  
8 g Ground ginger  
40 g Plain flour  
190 g Puff pastry

Preheat an oven to 170c.

To make the frangipane; in a kitchen mixer beat the unsalted butter and sugar together until thick and creamy.

Gradually add 100g of egg to combine.

Pass the flour through a sieve and fold through the mix along with the ground almonds and the ginger powder.

Unroll the puff pastry sheet and spread the frangipane over the surface evenly. With the shortest end facing you, take both long edges of the pastry and roll them towards each other to meet in the middle.

Brush with some of the remaining egg down the centre to stick the two halves together.

Place into the freezer for 30 minutes to chill and harden.

Place on a chopping board and slice into 1cm/½ in thick pieces.

Lay each piece on the baking tray, cut-side up, and brush well with the beaten egg, then bake in the oven for 10–15 minutes until puffed up, crisp and golden-brown. Allow to cool.

### To assemble:

30 g Mint

Place the palmiers into the surface of each mousse and garnish with mint leaves.

for 10 portions

230 g CARTE D'OR Lemon Mousse  
570 ml Semi skimmed milk  
30 g Stem ginger  
100 g Unsalted butter  
100 g Caster sugar  
150 g Egg  
8 g Ground ginger  
40 g Plain flour  
190 g Puff pastry  
30 g Mint







# Raspberry Rippled Lemon & Lime Mousse

230 g Lemon Mousse  
570 ml Semi skimmed milk  
1no. Lime  
100 ml Raspberry Coulis 1L

## For the Raspberry Rippled Mousse:

Pour the cold milk into a bowl and add the CARTE D'OR Lemon Mousse and grate the lime into the bowl.

Whisk with an electric mixer for 2 minutes at a low speed followed by 5 minutes at high speed.

Set aside.

Meanwhile turn a piping bag inside out and using a spoon paint three lines of the CARTE D'OR Raspberry Coulis from the top to almost the end of the bag.

Fill the piping bag with the lemon mousse.

Divide the mixture between 10 dessert glasses.

## To assemble:

150 g Raspberries

Slice the raspberries in half and arrange on top of the lemon mousses.

Grate some lime zest over each dessert to serve.

for 10 portions

230 g CARTE D'OR Lemon Mousse  
100 ml CARTE D'OR Raspberry Coulis 1L  
570 ml Semi skimmed milk  
150 g Raspberries  
1no. Lime







# Lemon & Strawberry Eton Mess

## For the Rippled Meringue Kisses:

150 g Egg white  
300 g Caster Sugar  
2 ml Red food colour

Preheat the oven to 120c.

Line two baking trays with baking paper.

Place the egg whites and caster sugar in a bowl then place over a bain marie. Whisk the mix until it reaches 37c then remove from the heat and place on an electric mixer and whisk until the mix is cool and firm peaks are formed. Place the food colouring into a disposable piping bag and move it around inside so pockets of colour are formed.

Add in the meringue mix then cut a small hole in the base of the bag.

Allow any excess food colour to drip out before piping.

Pipe the mix onto lined baking trays into small peaks.

Bake at 110c until the meringues are fully cooked.

## For the Lemon Mousse:

115 g Lemon Mousse  
285 ml Semi skimmed milk

Pour the cold milk into a bowl and add the CARTE D'OR Lemon Mousse.

Whisk with an electric mixer for 2 minutes at a low speed followed by 5 minutes at high speed. Place into a piping bag.

## To assemble:

300 g Strawberries  
200 g Lemon Curd

Place some of the chopped strawberries on the base of 10 dessert glasses.

Next pipe some lemon mousse followed by lemon curd and add meringues and more chopped strawberries.

Finish with another layer of lemon mousse, meringues and strawberries.

for 10 portions

115 g CARTE D'OR Lemon Mousse  
285 ml Semi skimmed milk  
200 g Lemon Curd  
300 g Strawberries , diced  
150 g Egg white  
300 g Caster Sugar  
2 ml Red food colour







# Lemon & Blueberry Layered Sponge

## For the Sponge:

200 g Egg  
115 g Caster sugar  
10 g Vanilla (pod)  
75 g Plain flour

Preheat an oven to 170c.

Line three half gastronome trays or swiss roll tins (23x33cm) with baking paper/non-stick baking mats.

Spray oil spray to prevent further sticking.

Halve the vanilla pod and scrape the seeds from the pod.

Place the seeds, sugar and eggs into a kitchen mixer and whisk until doubled in size and thick and creamy.

Sift the flour and carefully fold in.

Pour into the lined baking trays and cook in the oven for 8-10 minutes until lightly golden and set.

Remove from the oven and place the cake layers on trays to cool.

## For the Lemon Mousse:

115 g Lemon Mousse  
285 ml Semi skimmed milk

Pour the cold milk into a bowl and add the CARTE D'OR Lemon Mousse.

Whisk with an electric mixer for 2 minutes at a low speed followed by 5 minutes at high speed.

Place into a piping bag.

## To assemble:

280 g Blueberry Jam

Place the first layer of the cake on a cake board and lightly spread the blueberry jam with a palette knife over the base followed by a thin layer of lemon mousse.

Place the second layer of the cake directly on top and repeat the process with the jam and mousse.

Place the last layer on the cake.

This time spread a thicker layer of the lemon mousse on top and finish with blueberry jam.

Place in the fridge for 30 minutes to set up. To serve, cut into 10 slices.

for 10 portions

115 g CARTE D'OR Lemon Mousse  
285 ml Semi skimmed milk  
200 g Egg  
115 g Caster sugar  
10 g Vanilla (pod)  
75 g Plain flour  
280 g Blueberry jam



## Panna Cotta

### White Chocolate Panna Cotta with Dark Chocolate Mousse & Spiced Sour Cherries

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
<b>1782kJ/ 424kcal</b>	<b>25.1g</b>	<b>16.0g</b>	<b>43.8g</b>	<b>0.17g</b>
21%*	36%*	80%*	49%*	3%*

\*% of Reference Intake of an average adult (8400kJ/2000kcal)

### Buttermilk Panna Cotta with Poached Summer Fruits

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
<b>1369kJ/ 326kcal</b>	<b>20.5g</b>	<b>12.8g</b>	<b>32.0g</b>	<b>0.12g</b>
16%*	29%*	64%*	36%*	2%*

\*% of Reference Intake of an average adult (8400kJ/2000kcal)

### Raspberry Panna Cotta with Granola

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
<b>1632kJ/ 389kcal</b>	<b>25.9g</b>	<b>14.8g</b>	<b>25.7g</b>	<b>0.13g</b>
19%*	37%*	74%*	29%*	2%*

\*% of Reference Intake of an average adult (8400kJ/2000kcal)

### Chocolate & Earl Grey Panna Cotta

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
<b>1286kJ/ 306kcal</b>	<b>23.7g</b>	<b>14.8g</b>	<b>18.7g</b>	<b>0.15g</b>
15%*	34%*	74%*	21%*	3%*

\*% of Reference Intake of an average adult (8400kJ/2000kcal)

### Vanilla Cheesecake

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
<b>1651kJ/ 393kcal</b>	<b>28.3g</b>	<b>17.5g</b>	<b>22.6g</b>	<b>1.14g</b>
20%*	40%*	87%*	25%*	19%*

\*% of Reference Intake of an average adult (8400kJ/2000kcal)

## Crème Brûlée

### Set Lemon Cream Meringue

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
<b>2118kJ/ 504kcal</b>	<b>35.5g</b>	<b>22.1g</b>	<b>41.5g</b>	<b>0.19g</b>
25%*	51%*	110%*	46%*	3%*

\*% of Reference Intake of an average adult (8400kJ/2000kcal)

### Winterberry Trifle

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
<b>2677kJ/ 637kcal</b>	<b>40.4g</b>	<b>24.4g</b>	<b>46.5g</b>	<b>0.81g</b>
32%*	58%*	122%*	52%*	13%*

\*% of Reference Intake of an average adult (8400kJ/2000kcal)

### Banana Brulee Tart

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
<b>1997kJ/ 475kcal</b>	<b>28.6g</b>	<b>17.4g</b>	<b>38.7g</b>	<b>0.21g</b>
24%*	41%*	87%*	43%*	4%*

\*% of Reference Intake of an average adult (8400kJ/2000kcal)

### Stem Ginger Creme Caramel

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
<b>1138kJ/ 271kcal</b>	<b>2.7g</b>	<b>1.7g</b>	<b>54.0g</b>	<b>0.19g</b>
14%*	4%*	9%*	60%*	3%*

\*% of Reference Intake of an average adult (8400kJ/2000kcal)

### Bramble Custard with Granola

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
<b>1690kJ/ 402kcal</b>	<b>26.2g</b>	<b>14.9g</b>	<b>30.7g</b>	<b>0.35g</b>
20%*	37%*	74%*	34%*	6%*

\*% of Reference Intake of an average adult (8400kJ/2000kcal)

## Chocolate Mousse

### Chocolate Coffee Mousse with Irish Whiskey Cream

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
<b>1009kJ/ 240kcal</b>	<b>13.5g</b>	<b>9.2g</b>	<b>20.8g</b>	<b>0.11g</b>
12%*	19%*	46%*	23%*	2%*

\*% of Reference Intake of an average adult (8400kJ/2000kcal)

### Dark Chocolate Mousse with Poached Pears and Walnuts

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
<b>1534kJ/ 365kcal</b>	<b>11.5g</b>	<b>4.3g</b>	<b>60.5g</b>	<b>0.11g</b>
18%*	16%*	22%*	67%*	2%*

\*% of Reference Intake of an average adult (8400kJ/2000kcal)

### Black Forest Mousse

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
<b>2192kJ/ 522kcal</b>	<b>28g</b>	<b>17g</b>	<b>57.6g</b>	<b>0.32g</b>
26%*	40%*	85%*	64%*	5%*

\*% of Reference Intake of an average adult (8400kJ/2000kcal)

### Chocolate, Raspberry & Amaretti Mousse

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
<b>586kJ/ 139kcal</b>	<b>5.3g</b>	<b>3.6g</b>	<b>25.3g</b>	<b>0.10g</b>
7%*	8%*	18%*	28%*	2%*

\*% of Reference Intake of an average adult (8400kJ/2000kcal)

### Millionaire's Shortbread Mousse

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
<b>2257kJ/ 537kcal</b>	<b>30.8g</b>	<b>19.7g</b>	<b>49.7g</b>	<b>0.45g</b>
27%*	44%*	98%*	55%*	7%*

\*% of Reference Intake of an average adult (8400kJ/2000kcal)

## Mango Mousse

### Mango Mousse with Passion Fruit Curd

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
<b>948kJ/ 226kcal</b>	<b>10.3g</b>	<b>6.7g</b>	<b>26.3g</b>	<b>0.19g</b>
11%*	15%*	33%*	29%*	3%*

\*% of Reference Intake of an average adult (8400kJ/2000kcal)

### Lamington Cake with Mango Mousse

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
<b>1826kJ/ 435kcal</b>	<b>23.1g</b>	<b>16.8g</b>	<b>41.2g</b>	<b>0.46g</b>
22%*	33%*	84%*	46%*	8%*

\*% of Reference Intake of an average adult (8400kJ/2000kcal)

### Roasted Pineapple and Mango Mousse with Lime & Rum Syrup

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
<b>1126kJ/ 268kcal</b>	<b>2.8g</b>	<b>1.9g</b>	<b>52.0g</b>	<b>0.09g</b>
13%*	4%*	10%*	58%*	1%*

\*% of Reference Intake of an average adult (8400kJ/2000kcal)

### Mango & Vanilla Rice Pudding with Roasted Apricots

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
<b>791kJ/ 188kcal</b>	<b>3.2g</b>	<b>2.3g</b>	<b>18.2g</b>	<b>0.14g</b>
9%*	5%*	12%*	20%*	2%*

\*% of Reference Intake of an average adult (8400kJ/2000kcal)

### Mango & Cardamom Shrikhand

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
<b>1025kJ/ 244kcal</b>	<b>11.2g</b>	<b>5.1g</b>	<b>26.9g</b>	<b>0.60g</b>
12%*	16%*	26%*	30%*	10%*

\*% of Reference Intake of an average adult (8400kJ/2000kcal)

## Lemon Mousse

### Lemon & Mango Bombe

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
<b>597kJ/ 142kcal</b>	<b>4.5g</b>	<b>3.6g</b>	<b>17.2g</b>	<b>0.09g</b>
7%*	6%*	18%*	19%*	2%*

\*% of Reference Intake of an average adult (8400kJ/2000kcal)

### Lemon & Stem Ginger Mousse with Ginger Palmiers

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
<b>1428kJ/ 340kcal</b>	<b>19.2g</b>	<b>11.6g</b>	<b>25.1g</b>	<b>0.47g</b>
17%*	27%*	58%*	28%*	8%*

\*% of Reference Intake of an average adult (8400kJ/2000kcal)

### Raspberry Rippled Lemon & Lime Mousse

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
<b>669kJ/ 159kcal</b>	<b>6.0g</b>	<b>4.8g</b>	<b>19.2g</b>	<b>0.12g</b>
8%*	9%*	24%*	21%*	2%*

\*% of Reference Intake of an average adult (8400kJ/2000kcal)

### Lemon & Strawberry Eton Mess

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
<b>1079kJ/ 257kcal</b>	<b>4.0g</b>	<b>2.7g</b>	<b>51.8g</b>	<b>0.17g</b>
13%*	6%*	14%*	58%*	3%*

\*% of Reference Intake of an average adult (8400kJ/2000kcal)

### Lemon & Blueberry Layered Sponge

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
<b>805kJ/ 192kcal</b>	<b>5.3g</b>	<b>3.0g</b>	<b>39.5g</b>	<b>0.15g</b>
10%*	8%*	15%*	44%*	3%*

\*% of Reference Intake of an average adult (8400kJ/2000kcal)



