

the ingredients of success



# **Basic Recipes**

**AKTINA S.A** 21 Pappou str, Gr 104 42 Peristeri, Athens, Greece tel. (+30) 210 5122410-2, fax (+30) 210 51406



### AktiCake Classic

### Recipe for the preparation of vanilla flavoured oil cake

<u>Ingredients</u>	<u>Dosage</u>	
	Cake	Muffins
• Mix	500g	500g
• Water	225g	200g
<ul> <li>Sunflower oil</li> </ul>	150g	160g

#### **Preparation**

#### **Basic recipe:**

Beat the powder mix with water and oil in a mixer for 5 minutes until you obtain a homogenous mixture.

Bake according to quantity for 50-55 minutes at 160-180 oC.

#### **Recipe for Muffins:**

Beat the powder mix with water and oil in a mixer for 5 minutes until you obtain a homogenous mixture. Place the mixture in muffin baking forms and bake for 30-35 minutes at160-180 oC.

#### Tip!

\* For firmer texture you can reduce the quantity of water



### AktiCake Classic Choco

### Recipe for the preparation of chocolate flavoured oil cake

<u>Ingredients</u>	<u>Dosage</u>	
	Cake	Muffins
• Mix	500g	500g
• Water	225g	200g
Sunflower oil	150g	160g

### **Preparation**

#### **Basic recipe:**

Beat the powder mix with water and oil in a mixer for 5 minutes until you obtain a homogenous mixture. Bake according to quantity for 50-55 minutes at 160-180 oC.

#### **Recipe for Muffins:**

Beat the powder mix with water and oil in a mixer for 5 minutes until you obtain a homogenous mixture. Place the mixture in muffin baking forms and bake for 30-35 minutes at160-180 oC.

#### Tip!

\* For firmer texture you can reduce the quantity of water



### AktiCake Classic with sweeteners

### For the preparation of oil cake with no sugar

<b>Ingredients</b>	<u>Dosage</u>
<ul><li>Mix</li><li>Water or milk</li><li>Sunflower oil or Olive oil</li></ul>	550g 120g 120g
• 4 Eggs	

#### **Preparation**

#### **Basic recipe:**

Beat the mix with all ingredients for 5 minutes in a mixing bowl until you have a homogenous mixture. If you want you can add cinnamon or orange scrapes.

Bake according to quantity for 50 minutes at 160-180 oC.



### Sponge Cake

### Recipe for the preparation of vanilla flavoured sponge cake

<u>Ingredients</u>	<u>Dosage</u>
• Mix	5kg
• Eggs	3kg
• Water	1kg

#### **Preparation**

#### **Basic recipe:**

Mix all the ingredients in a mixing bowl and beat at the 3<sup>rd</sup> speed for 4-6 minutes. Bake at 190-200°C for about 50 minutes.





### Sponge Cake Choco

### Recipe for the preparation of Chocolate flavoured sponge cake

<u>Ingredients</u>	<u>Dosage</u>
• Mix	5kg
• Eggs	3kg
• Water	1kg

### **Preparation**

#### **Basic recipe:**

Mix all the ingredients in a mixing bowl and beat at the 3<sup>rd</sup> speed for 4-6 minutes. Bake at 190-200°C for about 50 minutes.

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### Chocolate pie & Muffins

### For the preparation of Chocolate pie & Chocolate Muffins

<u>Dosage</u>
500g
250g
150g

#### **Preparation**

#### **Basic recipe:**

Beat the powder mix with the appropriate amount of oil and water in a mixer for 5 minutes, until you obtain a homogenous mixture. Bake 750 g of mixture in a baking pan (24 cm diameter) for 25-30 minutes at 160-180 oC, or adjust depending on the quantity, the shape of your baking pan and the desired humidity of the end product. For a thicker result replace 50 g of water with an egg.

#### **Recipe for Muffins:**

Follow the preparation instructions above and place the mixture in muffin forms.

#### Tip!

\* For thicker mixture replace 50 g of water with 1 egg: Mix 500 g, Water 200 g, Sunflower oil 150 g, 1 egg

\* Για αφράτο αποτέλεσμα μπορείτε να ακολουθήσετε τις εξής αναλογίες: Mix 500 g, Water 180 g, Sunflower oil 60 g, 1 egg

**Dosage for covering glaze:** 1 kg compound Special 32, 1 kg fresh cream, 400 g glucose syrup.

**Preparation:** Heat fresh cream to 60 oC, add compound Special 32 and glucose syrup and mix well. Cut the surface of the pie gently and pour the glaze over.



### Crêpes

### For the preparation of sweet or savory Crêpes

#### **Ingredients**

#### <u>Δοσολογία</u>

- Mix
- Eggs
- Water
- Melted butter
- Milk

1kg 10 600g 10 spoonfulls 1.300ml

#### **Preparation**

In a mixing bowl, whisk together the eggs & milk. Add the mixture gradually, mixing until smooth. Add water and melted butter and mix well. Heat a lightly oiled frying pan over medium high heat. Pour or scoop the batter onto the pan, using approximately 1/4 cup for each crepe. Tilt the pan with a circular motion so that the batter coats the surface evenly. Cook the crepe for about 2 minutes, until the bottom is light brown. Loosen with a spatula, turn and cook the other side. Serve hot, choosing the filling you desire.



### Waffles

### For the preparation of waffles

# IngredientsDosage• Mix1kg• Eggs (optionally)2• Water850-900g• Melted butter60-70g

### **Preparation**

In a mixing bowl, mix together the mixture & water for 4 minutes until smooth. Add the melted butter or oil gradually. Preheat the waffle machine and spread butter on the surfaces, before applying the mixture.



### Doughnuts For the preparation of doughnuts

### <u>Υλικά</u>

- Mix
- Yeast
- Warm water

Dosage 1kg 2 sachets 1,2kg

### **Preparation**

Add yeast to the mix homogenously. Add the warm water and beat the mixture to a smooth and thick mixture. Put the mixture in a bowl, cover it with a towel and leave it in a warm place for 45 minutes in order to rise. Throw small quantities of the mixture in hot oil (180oC in a frying pan) using a wet spoon. Fry the dumplings until they obtain a golden brown color and place them on paper napkins to drain the oil. Add honey and cinnamon. Serve hot.



### Cake Base

### For the preparation of traditional farina cake

<u>Ingredients</u>	Dosage
<ul> <li>Mix</li> <li>Eggs</li> <li>Butter or soft Margarine</li> <li>Sugar</li> <li>Milk</li> </ul>	2kg 16-20 1kg 1,7kg 1L
• MIIK	

### **Preparation**

#### **Basic recipe:**

Beat the butter, gradually adding the eggs and sugar. Continue beating for 3 minutes. Add the powder mix and then the milk stirring gently. Optionally add vanilla or orange peel.

Bake in buttered and floured forms in a preheated oven for approximately 1 hour, depending on the quantity and the shape of your baking pan. Leave the cake to cool for 10 minutes before cutting.



### Béchamel

### For the preparation of Béchamel for pasticcio, mousaka, ogratin, savory soufflés

<b>Ingredients</b>	<u>Dosage</u>
• Mix	1kg
• Milk	8,6L

#### **Preparation**

Pour in a bowl the milk and add the béchamel mix slowly while whisking. Whisk the mixture for 3-4 minutes until you have a homogenous and tick mixture. No eggs needed. When you use béchamel as the top layer, for a fine golden brown crust you spread melted butter or oil over its surface and bake at 180°C until it turns light brown.

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### Chocolate mousse

### For the preparation of chocolate flavoured mousse

<u>Ingredients</u>	Dosage
	1kg
• Mix	1,6L
<ul> <li>Cold Water or Milk</li> </ul>	

Final product in volume 5,4L

#### **Preparation**

Beat the powder mix with cool water or milk in a mixer for 5-7 minutes, at high speed, until the cream thickens. Divide into small or larger portions and leave them in the refrigerator for 1-2 hours to set. Can be served garnished with almonds or chocolate shavings. Also suitable for cake filling.



### Top Cream Vanilla

### For the preparation of vanilla flavoured whipped cream

<b>Ingredients</b>	<u>Dosage</u>
<ul><li>Mix</li><li>Cold Water or Milk</li></ul>	1kg 1,8L

Final product in volume 6,4L

#### **Preparation**

Whisk the mix and milk in a mixing bowl at maximum speed for 5-7 minutes. Keep the cream refrigerated for a few minutes before using it to garnish your recipes. Suitable for cakes, tarts, jellies, fillings and decorations.



### Cheesecake

### For the preparation of creamy Cheesecake

<u>Ingredients</u>	<b>Dosage</b>
<ul> <li>Mix</li> <li>Cold Water or Milk</li> <li>AKTINA Cheesecake base</li> <li>Butter or Margarine</li> </ul>	1kg 2,5L 1kg 460g

#### **Preparation**

#### Cream

Beat the powder mix with cold milk in a mixer for 5 minutes until the cream thickens.

#### Base

Melt the butter or margarine and remove from the fire. Add the cheesecake base (biscuit crumbs) and mix until the biscuit absorbs the butter. Spread the biscuit evenly in a form by pressing with a spoon.



### Vanilla mousse

### For the preparation of vanilla flavoured mousse

<b>Ingredients</b>	<u>Dosage</u>
• Mix	1kg
• Cold Water or Milk	2,4L

Final product in volume 10,4L

#### **Preparation**

Beat the powder mix with cool water or milk in a mixer for 5-7 minutes, at high speed, until the cream thickens. Divide into small or larger portions and leave them in the refrigerator for 1-2 hours to set. Can be served garnished with almonds or chocolate shavings. Also suitable for cake filling.



### Strawberry mousse Συνταγή για την παρασκευή mousse με γεύση φράουλα

<b>Ingredients</b>	<u>Dosage</u>
• Mix	1kg
• Cold Water or Milk	2,4L

Final product in volume 10,4L

#### <u>Τρόπος παρασκευής</u>

Beat the powder mix with cool water or milk in a mixer for 5-7 minutes, at high speed, until the cream thickens. Divide into small or larger portions and leave them in the refrigerator for 1-2 hours to set. Can be served garnished with almonds or chocolate shavings. Also suitable for cake filling.



### Yoghurt mousse For the preparation of yoghurt flavoured mousse

<b>Ingredients</b>	<u>Dosage</u>
<ul><li>Mix</li><li>Cold Water or Milk</li></ul>	1kg 2,8L

Final product in volume 9-10L

#### **Preparation**

Beat the powder mix with cool water or milk in a mixer for 5-7 minutes, at high speed, until the cream thickens. Divide into small or larger portions and leave them in the refrigerator for 1-2 hours to set. Optionally you can add yoghurt and beat for 2 more minutes. Can be garnished with AKTINA Honey syrup, AKTINA Fruits in syrup or with dried nuts.



### Chocolate drink

### For the preparation of hot/cold chocolate drink and smoothies

#### **Preparation**

Hot: add 3 teaspoonfuls of mixture in 200 ml of hot milk and stir well.

**Cold:** add 3 teaspoonfuls of mixture in a shaker containing 200 ml of cold milk and ice and shake well.

**Smoothies:** beat 3 teaspoonfuls of mixture with 150 ml of cold milk and 10 ice cubes in a blender to a fine smoothie (20 seconds).

**For use in the granite machine:** add 300-500 g of the mixture in 4-5 L of milk. Optionally add sugar.

**For a variety of tasty drinks:** add to your hot or cold preparation, CHOCOLATE or CARAMEL FLAVOURED SYRUP AKTINA, an alcoholic drink of your choice, Cointreau, Grand Marnier, Baileys, Whiskey, Bourbon, Malibu, Brandy or Rum, a teaspoonful of instant coffee, or even a ball of your favourite ice cream.

Garnish with whipped cream using TOP CREAM AKTINA, COUVERTOURE FLAKES AKTINA, truffle, cinnamon, or trimmed coconut.



### Cocoa drink

### For the preparation of hot/cold cocoa drink and smoothies

#### **Preparation**

Hot: add 3 teaspoonfuls of mixture in 200 ml of hot milk and stir well.

**Cold:** add 3 teaspoonfuls of mixture in a shaker containing 200 ml of cold milk and ice and shake well.

**Smoothies:** beat 3 teaspoonfuls of mixture with 150 ml of cold milk and 10 ice cubes in a blender to a fine smoothie (20 seconds).

**For use in the granite machine:** add 300-500 g of the mixture in 4-5 L of milk. Optionally add sugar.

**For a variety of tasty drinks:** add to your hot or cold preparation, CHOCOLATE or CARAMEL FLAVOURED SYRUP AKTINA, an alcoholic drink of your choice, Cointreau, Grand Marnier, Baileys, Whiskey, Bourbon, Malibu, Brandy or Rum, a teaspoonful of instant coffee, or even a ball of your favourite ice cream.

Garnish with whipped cream using TOP CREAM AKTINA, COUVERTOURE FLAKES AKTINA, truffle, cinnamon, or trimmed coconut.



### ICED COFFEE For the preparation of iced coffee and smoothies

#### **Preparation**

Dilute the content of the bag (1 kg) in 4 L of fresh milk and put the mixture in the granite machine. If you wish a more intense taste use 3L of fresh milk. Alternatively add 3 teaspoonfuls of mixture with 200 ml of cold milk and 2 ice cubes in a blender and beat to a fine smoothie until the ice is grinded.



### Iced Coffee with COCOa For the preparation of iced coffee and smoothies with cocoa flavour

#### **Preparation**

Dilute the content of the bag (1 kg) in 4 L of fresh milk and put the mixture in the granite machine. If you wish a more intense taste use 3L of fresh milk. Alternatively add 3 teaspoonfuls of mixture with 200 ml of cold milk and 2 ice cubes in a blender and beat to a fine smoothie until the ice is grinded.



### Lemon granita

### For lemon flavoured granita ideal for the preparation of alcoholic drinks

<u>Ingredients</u>	<u>Dosage</u>
• Mix • Water • Sugar	400g 10L 1kg
eagai	

#### **Preparation**

Dilute the content of the bag(400 g) in 10 L water. Add 1 kg sugar and place the mixture in the granita machine.



### Strawberry granita

### For strawberry flavoured granita ideal for the preparation of alcoholic drinks

<u>Ingredients</u>	<u>Dosage</u>
• Mix	400g 10L
• Water	
• Sugar	1kg

### **Preparation**

Dilute the content of the bag(400 g) in 10 L water. Add 1 kg sugar and place the mixture in the granita machine.



### Watermelon granita

### For watermelon flavoured granita ideal for the preparation of alcoholic drinks

<u>Ingredients</u>	<u>Dosage</u>
• Mix	400g
• Water	10L
• Sugar	1kg

### **Preparation**

Dilute the content of the bag(400 g) in 10 L water. Add 1 kg sugar and place the mixture in the granita machine.



### Millefeuille Cream

### For the preparation of Millefeuille

<u>Ingredients</u>	<u>Dosage</u>
• Mix	1kg
• Milk	3-3,7L

### **Preparation**

Beat the powder mix with cool milk in a mixer for 5 minutes until the cream thickens. Use as a milfeuille pastry cream or as a filling in various bakery products.



### AktiCrema Patissier Premium Soft

### For the preparation of cold pastry cream

<u>Ingredients</u>	<u>Dosage</u>
	1kg
• Mix	2,6L
Cold water	

#### **Preparation**

Beat the powder mix with cool water in a mixer for 8 minutes, at high speed, until the cream thickens. Allow the cream to set fot 10 minutes and continue beating for 2 more minutes.

The cream is ideal for torta fillings and treats or as a base for the preparation of a variety of creams. Mix the cream with vegetable cream or chantilly. Mix with couverture chocolate, coffee, fruits, praline spreads, honey or hazelnuts, flavour with rum or other alcohol drink. The cream is bake stable nad also freeze-thaw stable. It does not stiffen, lose its body or form a crust while used.



### White chocolate drink

### For the preparation of hot/cold white chocolate drink or smoothies

### **Preparation**

**Hot:** add 20-25 g (4-5 teaspoonfuls) of mixture in 200 ml of milk and heat it with the steam of the espresso machine.

**Cold:** add 4 teaspoonfuls of mixture in a shaker containing 200 ml of cold milk and ice and shake well.

#### **Smoothies:**

beat 30 g (6 teaspoonfuls) of mixture with 150 ml of cold milk (1 glass) and 2 glasses of ice cubes in a blender to a fine smoothies (20 seconds).

**For a variety of tasty drinks:** add to your hot or cold preparation, CHOCOLATE or CARAMEL FLAVOURED SYRUP AKTINA, an alcoholic drink of your choice, Cointreau, Grand Marnier, Baileys, Whiskey, Bourbon, Malibu, Brandy or Rum, a teaspoonful of instant coffee, or even a ball of your favourite ice cream. Garnish with whipped cream using TOP CREAM AKTINA, COUVERTOURE FLAKES AKTINA, truffle, cinnamon, or trimmed coconut.



### AktiCrema Gold

### For the preparation of cold pastry cream

<b>Ingredients</b>	<b>Dosage</b>
• Mix	400g
• Cold water	1L

#### **Preparation**

Beat the powder mix with cool water in a mixer for 8 minutes, at high speed, until the cream thickens. Allow the cream to set fot 10 minutes and continue beating for 2 more minutes.

The cream is ideal for torta fillings and treats or as a base for the preparation of a variety of creams. Mix the cream with vegetable cream or chantilly



### Strawberry jelly

### For the preparation of strawberry jelly

<u>Ingredients</u>	<u>Dosage</u>
• Mix	1kg
• Boiled water	4,4L

#### **Preparation**

Dissolve the mix in dose boiled water in a bowl. Stir until the mix is properly dissolved. Serve in small bowls and place them in the refrigerator. When the mixture begins to gel you can add pieces of fruit (except kiwi and fresh pineapple). You can demould your jelly when the mixture is fully gelled. You can replace part of the water with fruit juice or light syrups or garnish with whipped cream or AKTINA Top Cream. You can also use the jelly to cover various pastry creations.



# Pineapple jelly

### For the preparation of pineapple jelly

<u>Ingredients</u>	<u>Dosage</u>
• Mix	1kg
• Boiled water	4,4L

### **Preparation**

Dissolve the mix in dose boiled water in a bowl. Stir until the mix is properly dissolved. Serve in small bowls and place them in the refrigerator. When the mixture begins to gel you can add pieces of fruit (except kiwi and fresh pineapple). You can demould your jelly when the mixture is fully gelled. You can replace part of the water with fruit juice or light syrups or garnish with whipped cream or AKTINA Top Cream. You can also use the jelly to cover various pastry creations.



# Orange jelly

### For the preparation of orange jelly

<u>Ingredients</u>	<u>Dosage</u>
• Mix	1kg
• Boiled water	4,4L

### **Preparation**

Dissolve the mix in dose boiled water in a bowl. Stir until the mix is properly dissolved. Serve in small bowls and place them in the refrigerator. When the mixture begins to gel you can add pieces of fruit (except kiwi and fresh pineapple). You can demould your jelly when the mixture is fully gelled. You can replace part of the water with fruit juice or light syrups or garnish with whipped cream or AKTINA Top Cream. You can also use the jelly to cover various pastry creations.



# Banana jelly

### For the preparation of banana jelly

<u>Ingredients</u>	<u>Dosage</u>
<ul><li>Mix</li><li>Boiled water</li></ul>	1kg 4,4L

### **Preparation**

Dissolve the mix in dose boiled water in a bowl. Stir until the mix is properly dissolved. Serve in small bowls and place them in the refrigerator. When the mixture begins to gel you can add pieces of fruit (except kiwi and fresh pineapple). You can demould your jelly when the mixture is fully gelled. You can replace part of the water with fruit juice or light syrups or garnish with whipped cream or AKTINA Top Cream. You can also use the jelly to cover various pastry creations.



# Cherry jelly

### For the preparation of cherry jelly

<u>Ingredients</u>	<u>Dosage</u>
	1kg
• Mix	4,4L
Boiled water	

### **Preparation**

Dissolve the mix in dose boiled water in a bowl. Stir until the mix is properly dissolved. Serve in small bowls and place them in the refrigerator. When the mixture begins to gel you can add pieces of fruit (except kiwi and fresh pineapple). You can demould your jelly when the mixture is fully gelled. You can replace part of the water with fruit juice or light syrups or garnish with whipped cream or AKTINA Top Cream. You can also use the jelly to cover various pastry creations.



# Lime jelly

### For the preparation of lime jelly

<u>Ingredients</u>	<u>Dosage</u>
• Mix	1kg
• Boiled water	4,4L

### **Preparation**

Dissolve the mix in dose boiled water in a bowl. Stir until the mix is properly dissolved. Serve in small bowls and place them in the refrigerator. When the mixture begins to gel you can add pieces of fruit (except kiwi and fresh pineapple). You can demould your jelly when the mixture is fully gelled. You can replace part of the water with fruit juice or light syrups or garnish with whipped cream or AKTINA Top Cream. You can also use the jelly to cover various pastry creations.



# Strawberry jelly sugarfree

### For the preparation of sugar free strawberry jelly

### **Ingredients**

<u>Dosage</u> 145g 6L

- Μίγμα
- Βραστό Νερό

### **Preparation**

Dissolve the mix in dose boiled water in a bowl. Stir until the mix is properly dissolved. Serve in small bowls and place them in the refrigerator. When the mixture begins to gel you can add pieces of fruit (except kiwi and fresh pineapple). You can demould your jelly when the mixture is fully gelled. You can replace part of the water with fruit juice or light syrups.



### Banana jelly - Extra

### For the preparation of banana jelly

<u>Ingredients</u>	<u>Dosage</u>
• Mix	1kg
<ul> <li>Boiled water</li> </ul>	5,4L

### **Preparation**

Dissolve the mix in dose boiled water in a bowl. Stir until the mix is properly dissolved. Serve in small bowls and place them in the refrigerator. When the mixture begins to gel you can add pieces of fruit (except kiwi and fresh pineapple). You can demould your jelly when the mixture is fully gelled. You can replace part of the water with fruit juice or light syrups or garnish with whipped cream or AKTINA Top Cream. You can also use the jelly to cover various pastry creations.



# Strawberry jelly - Extra For the preparation of strawberry jelly

<u>Ingredients</u>	<u>Dosage</u>
• Mix	1kg
• Boiled water	5,4L

### **Preparation**

Dissolve the mix in dose boiled water in a bowl. Stir until the mix is properly dissolved. Serve in small bowls and place them in the refrigerator. When the mixture begins to gel you can add pieces of fruit (except kiwi and fresh pineapple). You can demould your jelly when the mixture is fully gelled. You can replace part of the water with fruit juice or light syrups or garnish with whipped cream or AKTINA Top Cream. You can also use the jelly to cover various pastry creations.

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# Peach jelly - Extra For the preparation of peach jelly

<u>Ingredients</u>	<u>Dosage</u>
• Mix	1kg
• Boiled water	5,4L

### **Preparation**

Dissolve the mix in dose boiled water in a bowl. Stir until the mix is properly dissolved. Serve in small bowls and place them in the refrigerator. When the mixture begins to gel you can add pieces of fruit (except kiwi and fresh pineapple). You can demould your jelly when the mixture is fully gelled. You can replace part of the water with fruit juice or light syrups or garnish with whipped cream or AKTINA Top Cream. You can also use the jelly to cover various pastry creations.



### Panna Cotta For the preparation of Panna Cotta dessert

#### **Ingredients**

- Mix
- Milk

Dosage 1kg 4,55L

### **Preparation**

Dissolve the powder mix in half the quantity of milk and let the mixture boil for 2 minutes under stirring. Add the rest of the milk and fill your bowls. When the cream cools down, put the bowls in the refrigerator for 3 hours. Serve garnished with syrup.



### Crème Caramele For the preparation of Crème Caramele dessert

<u>Ingredients</u>	Dosage
• Mix	1kg
• Milk	10,4L

#### **Preparation**

Put caramel syrup in your serving bowls. Dissolve the mix in the milk in a saucepan and bring the mixture to boil for 1-2 minutes while constantly stirring. Do not expect the cream to thicken while boiling. Serve in the bowls. When the cream cools down, put the bowls in the refrigerator for at least 1 hour and demould the flan. Serve with caramel syrup and/or whipped cream or AKTINA Top Cream. Approximately 800g of syrup are enough to garnish 1 kg of flan.



### Vanilla custard cream

### For the preparation of vanilla flavoured custard cream

<u>Ingredients</u>	<u>Dosage</u>
	1kg
• Mix	16L
• Milk	1,5-1,8kg
• Sugar	

#### **Preparation**

Take part of the milk and whisk with the mix and the sugar. Boil the rest of the milk. Remove from the fire and pour it in the mixture while whisking. Place the pot on the fire and whisk the mixture until it boils. Place in bowls after you have rinsed them with cold water, or use the cream as a filling in pastry.



### Custard cream

### For the preparation of custard cream

<u>Ingredients</u>	<u>Dosage</u>
-	1kg
• Mix	16L
• Milk	1,5-1,8kg
• Sugar	

#### **Preparation**

Take part of the milk and whisk with the mix and the sugar. Boil the rest of the milk. Remove from the fire and pour it in the mixture while whisking. Place the pot on the fire and whisk the mixture until it boils. Place in bowls after you have rinsed them with cold water, or use the cream as a filling in pastry.