



The salted egg croissant has captured both hearts and minds with its flaky and savoury goodness.

SALTED EGG FRENZY

A LOWDOWN ON THE FLAKY ASSASSIN THAT HAS CAUGHT THE COUNTRY BY STORM.

Most Singaporeans have an innate passion for eating. Often, attempts to fight off the lure of a new food craze are feeble at best. And because of this, novel creations are highly sought after, and this has created a penchant for fads.

Earlier this year, the salted egg croissant was sold out within 30 minutes upon making its first appearance at Flavour Flings cafe. The sweet-salty pastry – with molten salted egg cooped within its flaky belly – became an instant hit and, in music lingo, went platinum over the next few months. But why is it so popular?

SALTED EGG "ANYTHING" IS LOVE

Jaclyn Reutens, a dietitian at Aptima Nutrition & Sports Consultants, observes that in Singapore, adding salted egg to anything would turn it into a trend. "From liu sha bao (custard buns) to crispy salmon skin, it's going to be a hit if you manage to create a new dish using salted egg," she says. "The salted egg croissant is a novelty and that's what

Singaporeans love – think bubble tea or cronuts [croissant with doughnuts], and even truffle fries. If you put two unusual food pairings together and it tastes good, it will be the next 'it' food."

Granted, the salted egg croissant – which originated in Hong Kong – has attained the "it" food status. Kudos, too, to the pastry chef who came up with such an ingenious pairing. But the crux of the matter lies in the cold, hard numbers of the croissant's

nutritional breakdown.

NUMBERS DON'T LIE

Most foodies will have some inkling that layered pastries in general are unhealthy – if you overindulge, that is. But how unhealthy can a humble snack with a dollop of salted egg custard be?

The results aren't too pleasing. "It can go up to 400 or 500 calories depending on the size of the croissant," Jaclyn says. "It's more than eating a bowl of rice, which is about 200 calories."

According to her nutritional breakdown, the bulk of the calories come from the pastry's fat and carbohydrates, plus the salted egg filling would also have contributed to the high sodium content.

"People who have high blood pressure or a previous history of heart disease should take note [of the sodium content]," she says. "The salted egg croissant is not something that should be eaten often. But if you do, please stick to only one."

NUTRITION INFORMATION PER SERVING

ENERGY (KCAL)	300
PROTEIN (G)	5.5
TOTAL FAT (G)	18.1
SATURATED FAT (G)	9.5
CHOLESTEROL (MG)	94
CARBOHYDRATE (G)	28.7
DIETARY FIBRE (G)	1.0
SODIUM (MG)	553



THE MH-APPROVED SALTED EGG CROISSANT

Here's an easy recipe that you can follow at home.

INGREDIENTS CROISSANT

Wholewheat puff pastry (store-bought, cut into triangles – around 9cm wide by 12cm long)

SALTED EGG YOLK CUSTARD (SERVES 6)

- ¾ tablespoon butter
- 1 teaspoon icing sugar
- 1¼ yolk from salted eggs
- 2½ tablespoons condensed milk
- 2 teaspoons milk powder
- 1¼ tablespoon custard powder
- 2½ tablespoons cornstarch
- 1 teaspoon evaporated milk

METHOD

- 1 Beat butter and sugar together.
- 2 Mash yolks and add in. Beat well.
- 3 Add in the rest of the ingredients.
- 4 Mix well and freeze.
- 5 Preheat oven to 180 deg C.
- 6 Fill puff pastry on the wide side with a teaspoon of frozen filling.
- 7 Roll into a croissant.
- 8 Press the sides to seal in the filling.
- 9 Repeat for the rest of the ingredients.
- 10 Arrange croissants on a lined baking sheet.
- 11 Brush top with egg wash.
- 12 Bake for 12 to 15 minutes, or until golden brown.
- 13 Serve warm.

VIDEO Learn how to make the salted egg croissant in the digital edition. Download Men's Health Singapore now on Magzter or Apple Newsstand.