



月饼 Mooncake, China

In ancient times, mooncakes were a kind of offering to the moon. Over the centuries, these special cakes have become the most popular food of the **Mid-Autumn Festival**. Most mooncakes have a pastry skin, which envelops a sweet, dense filling. Mooncakes are usually eaten in small wedges during the festival, and are shared by family members.

Ingredients:

0.22 lb (100 g) flour, all-purpose variety
0.14 lb (60 g) Golden syrup
½ teaspoon Alkaline water (*available at Asian grocers*)
0.06 lb (28 g) Vegetable oil
0.93 lb (420 g) Lotus seed paste
6 egg yolks, each one of them – salted
1 tablespoon rose-flavoured cooking wine (*Asian grocers*)
1 Egg yolk
2 tablespoons egg white

Total Time: 1 h 10 min

Course: Dessert

Cuisine: Chinese; Vegetarian

Servings: 12 pieces

Instructions:

1. To prepare the Chinese mooncake dough, mix the golden syrup, alkaline water and oil well in a large bowl.
2. Sift in the flour. Use a spatula to combine all the ingredients. Don't over-stir.
3. Knead into a dough. Cover the dough with a film wrap and let it rest for 40 minutes.
4. Mix the salted egg yolks with wine. If they are homemade and freshly broken from the shells, you'll see them turn opaque a few minutes after mixing them with the wine.
5. Wipe the yolks dry with paper towels. Cut each into two halves. Set aside. Roll the lotus paste into a long tube.
6. Cut into 12 equal portions of 35 grams.
7. Roll each portion into a ball. Set aside and preheat the oven to 350 degrees F (180 degrees C).

For the Egg Wash:

8. Whisk the egg yolk with the egg white. Sift through a fine sieve.

Making The Filling:

9. Divide the dough into 12 equal portions. Roll each portion into a small ball shape.
10. Cover each dough ball with a plastic film and flatten it to create a thin disc. Take a lotus paste ball and poke a hole in the middle with your finger.
11. Place the egg yolk inside, roll and shape into a ball. Wrap and seal the lotus paste ball with the dough disc.
12. Spray the mooncake mould and place the stuffed mooncake into it. Lightly press, then remove the mooncake from the mould. Transfer it onto a lined baking tray. Repeat until you finish the remaining dough and lotus paste.
13. Bake in a preheated oven for 10–12 minutes. Brush the cakes with the egg wash about 5 minutes before removing them from the oven. Continue baking until they're golden brown.
14. Leave them to cool down on a wire rack. Store in an air-tight container. The pastry will become soft and shiny in 1–2 days – that's when the mooncakes are ready to be enjoyed!