



Teochew-style Mooncakes (Low Calorie, No Pork, No Lard)

Overview

Difficulty: Hard

Servings: Approx. 20 pieces

Preparation Time: 30 minutes

Cooking Time: 90 minutes

Ingredients

Yam Paste

1kg	Yam
200g	Brown Sugar
30ml	Vegetable Oil

Water-Based Pastry Dough

150g	Plain Flour
40g	Shortening
15g	Fine Sugar
70g	Water

Oil-Based Pastry Dough

130g	Plain Flour
80g	Shortening

Egg Wash

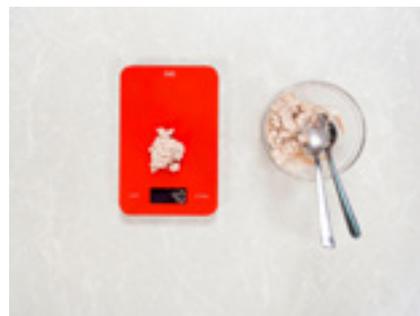
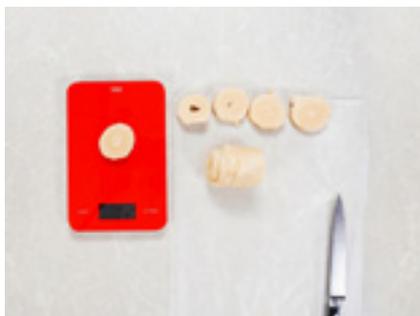
1	Whole Egg
10ml	Water

Methods

Yam Paste

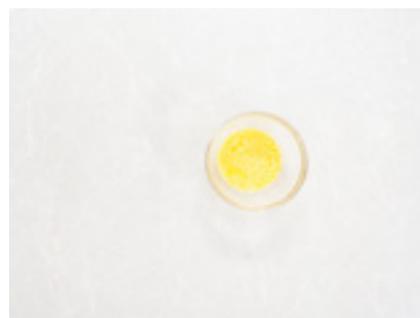
Step 1

De-skin and cut yam into cubes. Steam yam for 45 minutes until soft and cooked.



Step 2

In a medium heated pot, heat oil and add the steamed yam and brown sugar. Cook until the yam softens further, whisk well until yam paste forms, and set aside to cool.



Pastry Dough

Step 3

To form water-based dough, mix shortening, fine sugar, water and plain flour in a mixing bowl. To form oil-based dough, mix shortening and plain flour in a separate mixing bowl.



Step 4

Halve each dough to form two parts, wrap in cling wrap and set aside for 30 minutes.



Step 5

Take one-half of each dough, and roll out on separate sheets of baking paper.



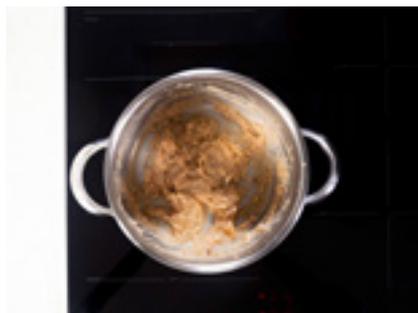
Step 6

Place oil-based dough on top of the water-based dough. Then fold in the top and bottom of the dough stack such that they overlap in the middle. Flip over, and roll out the combined dough.



Step 7

Fold, flip, and roll out the dough again. Repeat these steps for about 3 times.



Step 8

After the third time, roll the dough up like a Swiss roll and flatten the dough by rolling it vertically. Then roll it up again. Repeat steps 5, 6 and 7 for the other half of each dough.



Step 9

Preheat oven at 180°C using 'Top and Bottom Heat' mode.



Step 10

Cut the rolled up dough into portions of about 25g each and portion yam paste into balls of about 40g each.



Step 11

To make egg wash, beat one whole egg with water.



Step 12

Flatten the portioned dough, place a ball of yam paste in the centre, and seal it.



Step 13

Place the mooncakes on a baking tray lined with baking paper and brush them evenly with egg wash.



Step 14

Bake for about 20 minutes

