

MY LITTLE COOKBOOK

WHEN CULTURE MEETS SNACKS

我的小食谱

文化与美食的碰撞

PINEAPPLE TART | TANGYUAN | MOONCAKE
黄梨挞 | 汤圆 | 月饼

介绍

为什么有的传统美食，烹饪方法与文化如此息息相关？其实，美食与文化的关系可谓千丝万缕。随我们一同踏上这趟旅程，了解本地华人的美食如何因时因地形成！

这本小食谱记录了过年过节时华人常吃的三种小吃。

它们分别是：

1. 农历新年的黄梨挞
2. 元宵和冬至的汤圆
3. 中秋节的月饼

每种小吃的记录包括：

1. 小吃的由来及其本土化过程
2. 趣味小常识
3. 制作方法

呼吁所有家长与教师：

你可以用这本小食谱给小朋友们介绍华人的美食与节日，以及不同节日所弘扬的核心价值观。你也可以设计出一系列的手作活动，或与孩子们一同制作这些传统小吃。通过鼓励小朋友们分享这些自制美食，他们将学会表达爱与感恩，并体现善与孝等优良传统。

如果有什么疑问，欢迎通过电子邮件education@singaporeccc.org.sg与我们联系。

Introduction

Why are certain foods or culinary traditions so important to your culture? There is more connection between food and culture than you think. Join us on a journey to learn more about where and how these local Chinese snacks came about!

My Little CookBook contains three snacks which are commonly eaten during Chinese festivals.

They are:

1. Pineapple Tarts, eaten during Chinese New Year
2. Tangyuan, eaten on the last day of Chinese New Year and during Winter Solstice Festival
3. Mooncakes, eaten during Mid-Autumn Festival

Each snack includes:

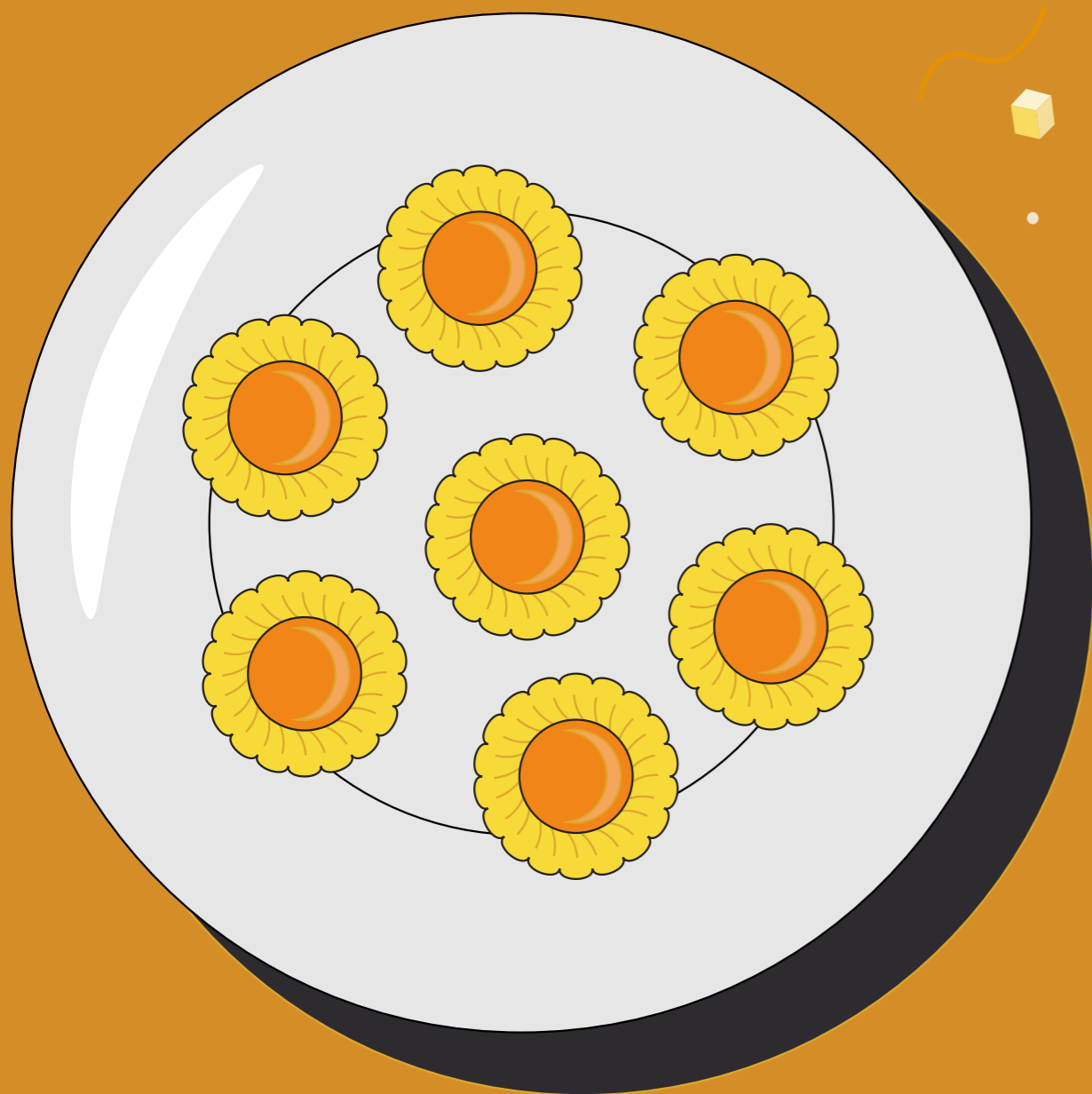
1. Its history and adaptation to our local context
2. A fun fact
3. Step-by-step recipe

Calling all parents and teachers!

You can use My Little CookBook to teach about food and Chinese festivals, and how these festivals impart certain values cherished by the Chinese. You can also initiate your own craft-making activities and create the snacks with your little ones. Get them to practise love, kindness, and filial piety by encouraging your little ones to create these snacks and give to others as a sign of appreciation.

For all enquiries, please email education@singaporeccc.org.sg.

黄梨挞 PINEAPPLE TART



历史

根据2018年的米其林指南，黄梨罐头业能在全球盛极一时，新加坡功不可没。20世纪初，新加坡的经济作物除了橡胶就是黄梨。于是，本地许多人都投入了种植黄梨、生产黄梨罐头的行业，所生产的黄梨罐头也出口到全球各地。

由于黄梨供过于求，本地人便开始制作黄梨挞。黄梨挞原是一种传统的娘惹美食。当时的土生华人将大量奶油的西式糕点与娘惹式的黄梨酱结合，并加入了八角、丁香和肉桂等本地香料，制作出这道广受欢迎的经典小吃。



本土化过程

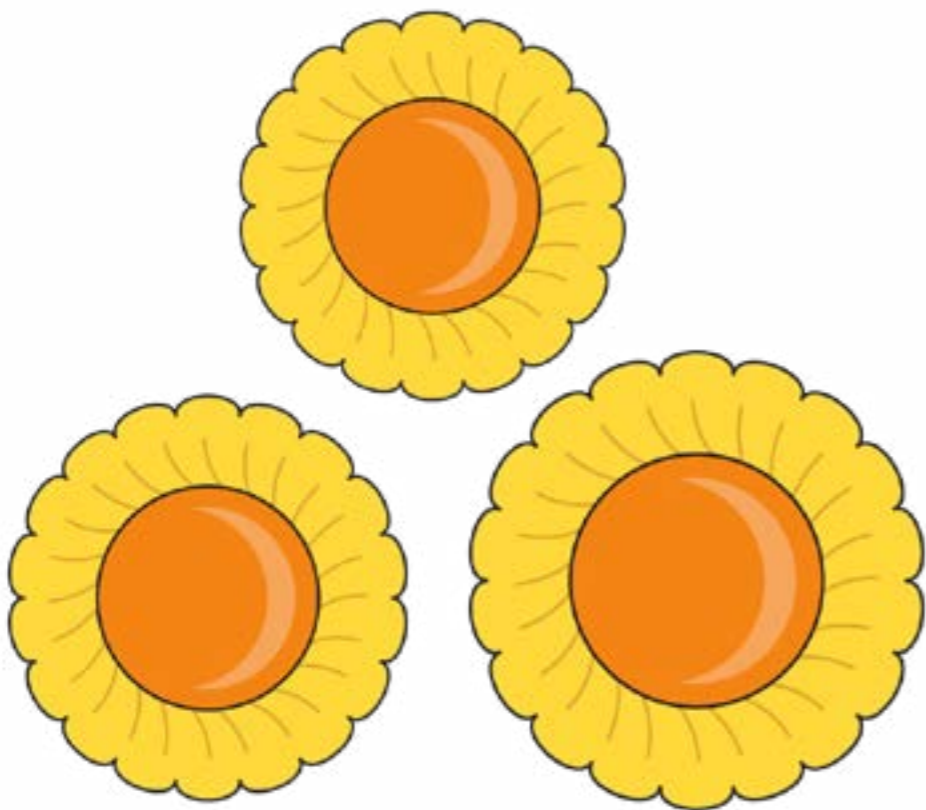
在本地，人们相信黄梨有着兴旺与好运等吉祥寓意，所以黄梨挞几乎只在农历新年才买得到。随着时间的推移，黄梨挞的形状也在不断变化，除了有馅料外露的黄梨挞，还有黄梨卷、黄梨球。此外，馅料的口味也越来越多，包括玫瑰、番薯、抹茶以及富有本地特色的班兰口味。

关于黄梨挞的趣味小常识

你知道吗？农历新年从正月初一到十五，共有十五天。这个节日不仅强调家庭和睦，也提醒我们与人相处必须和气生财。新年期间，大家都会走访亲友、互相拜年，也会发红包、吃年饼、互送年礼。

过年少不了招财纳福的黄梨挞。福建话“黄梨”的发音和华语“旺来”相同，意指“财运到”。华人相信，把黄梨挞吃进肚子里就能好运不断，大吉大利。

制作方法



食材 - 8份

- ☐ 无盐黄油320克，切成方块冷藏
- ☐ 面粉400克，可用低筋面粉替代
- ☐ 玉蜀黍粉50克
- ☐ 甜菊苷、糖霜粉或糖粉，加起来不超过100克
- ☐ 蛋黄4个，加起来约60克
- ☐ 鸡蛋2个，打散成蛋液
- ☐ 若面团太干可适量加入3汤匙清水
- ☐ 自制或现成黄梨馅600-800克

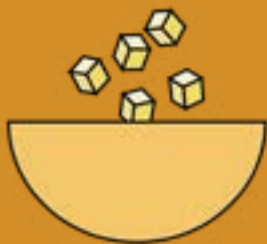
面团制作步骤：



1 将黄油切成方块（约1.5厘米）冷藏备用



2 将面粉、玉蜀黍粉和糖加入搅拌机或食品加工机，低速搅拌几秒钟。



3 加入之前冷藏的黄油块，低速搅拌成砂粒状。



4 将2个蛋黄打散，加入后低速搅拌均匀。若面团太干可加入适量的清水。切勿搅拌过度。



5 取出面团，揉成球状，再用保鲜膜包起来，放入冰箱冷藏30分钟以上。



6 将1个鸡蛋打散成蛋液。



7 预热烤箱（对流烤箱）170度。

黄梨挞制作步骤



1 在饼干模具上撒些面粉，压在面团上，裁切出饼干坯（约9-12克左右）。



2 将蛋液均匀地抹上。



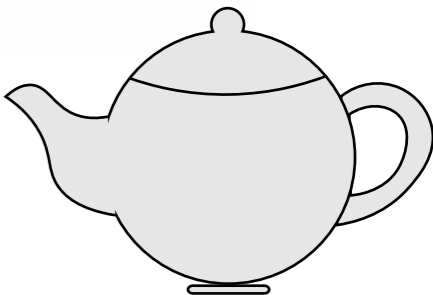
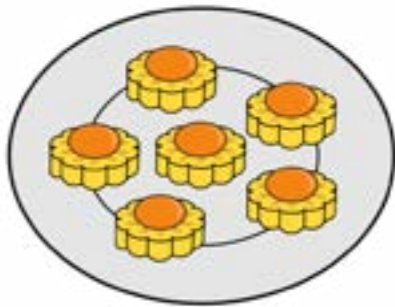
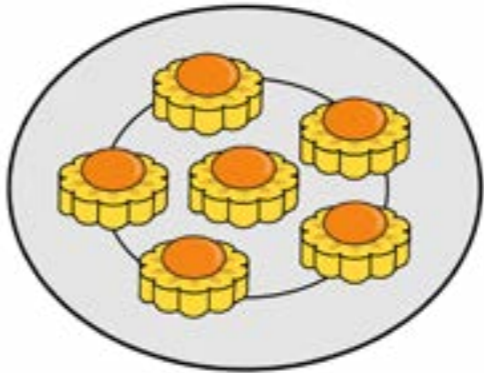
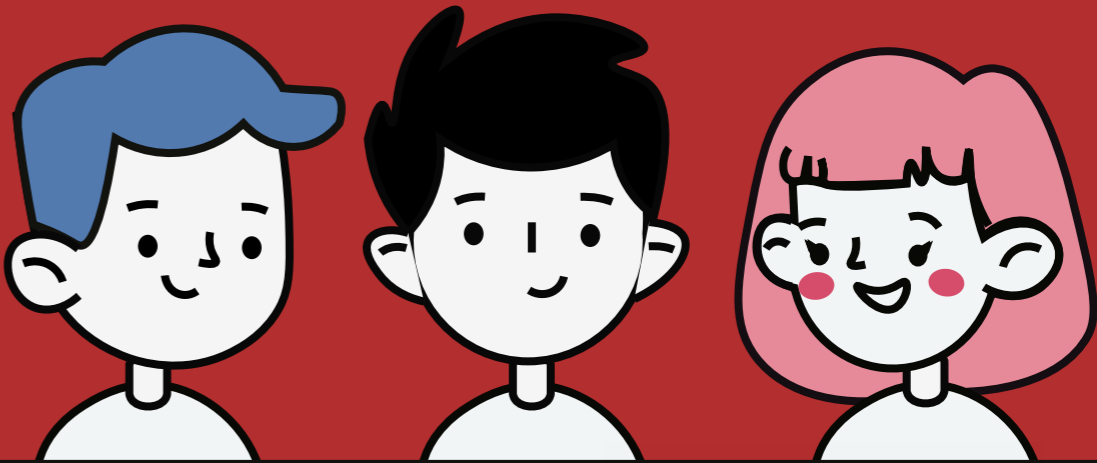
3 将黄梨馅揉成小球状，按压在饼干坯上。



4 放入170度的烤箱，烤10-15分钟左右，饼干呈金黄色即可。（注：送入烤箱的饼干坯不宜太软。烘烤前若饼干坯太软，可放入冰箱冷藏5-10分钟左右。）

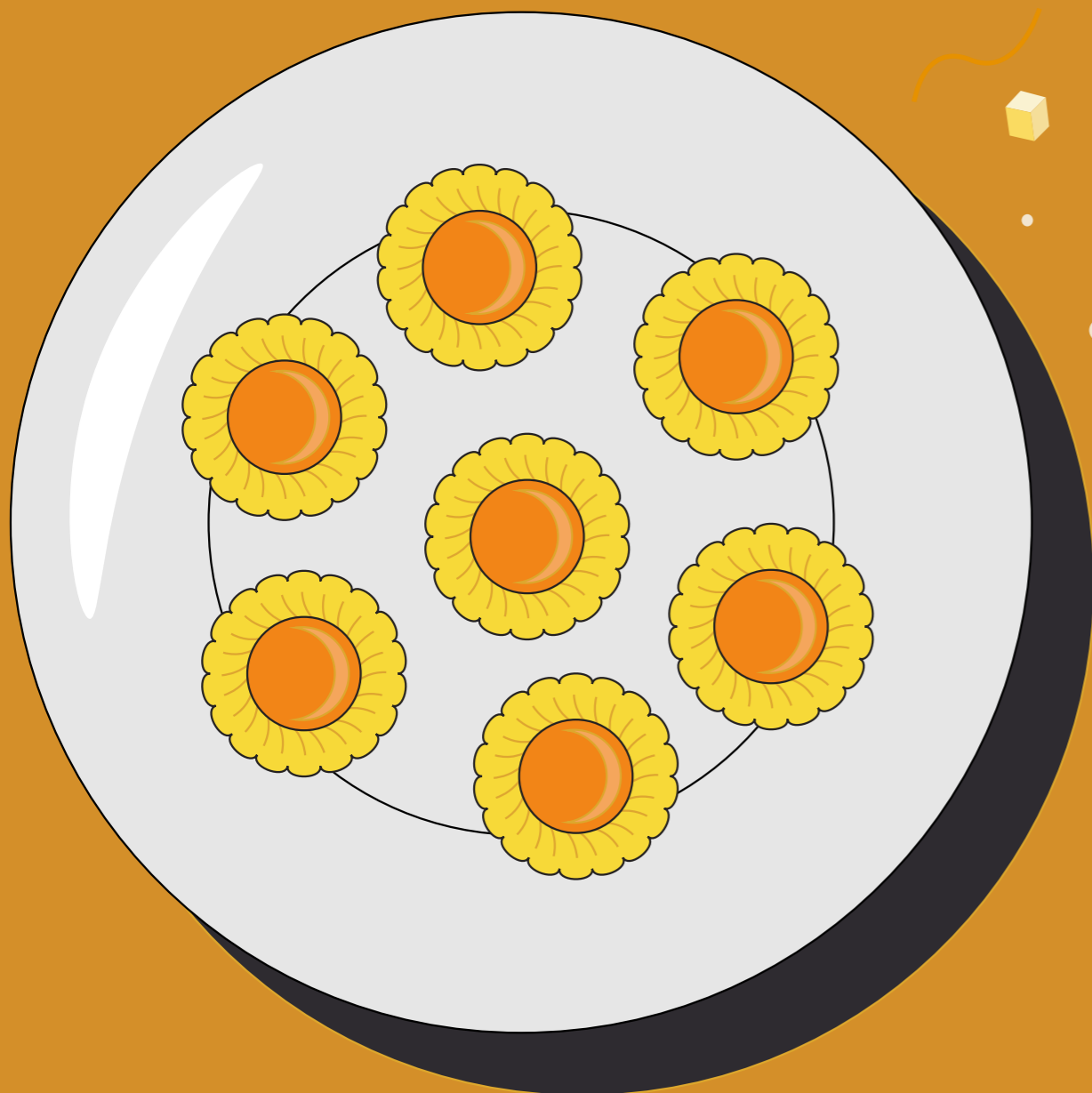


5 黄梨挞出炉后，冷却30-60分钟方可密封保存。有的黄梨挞在出炉时会出现裂纹。



黄 梨 挞

PINEAPPLE TART



History

According to the 2018 Michelin Guide, Singapore once played an important role in the pineapple canning industry globally. During the early 1900s, pineapples were often grown alongside the rubber-trees as commercial crops. As a result, many people on the island were employed by this early manufacturing industry, which canned and exported pineapples all over the world.

Amidst the abundance of pineapples, the locals used them to make pineapple tarts. Pineapple tarts are traditionally a Nyonya delicacy first introduced by the Peranakans as an amalgamation of western-influenced soft buttery pastry base, and a Nyonya-style pineapple jam with local spices like star anise, cloves and cinnamon. Together, they make a tasty treat that is enjoyed across cultures today!



Evolution in Singapore

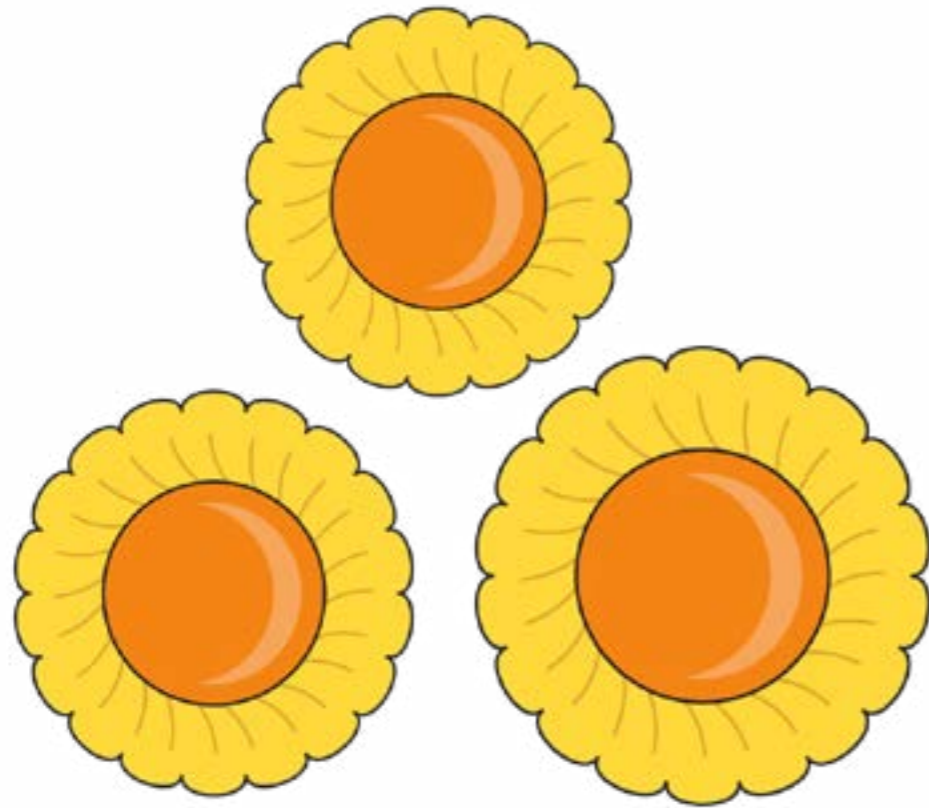
Pineapple tarts are almost exclusively found during Chinese New Year, as people tend to consume it for its symbolism of auspiciousness and prosperity. Pineapple tart shapes have evolved over time, such as the open-faced pineapple tart, pineapple roll and pineapple ball with a variety of flavours such as rose, sweet potato, matcha, and even our local distinctive pandan flavour.

Fun Fact about Pineapple Tart

Did you know that Chinese New Year lasts for 15 days? The festival reinforces cultural values such as family harmony, social relations and securing good fortune for the coming year. During this time, it is customary to visit family and friends, exchange red packets, symbolic foods and traditional gifts.

Pineapple tart is an example of a symbolic food which brings good fortune into the new year. In Hokkien, pineapple is called 'ong lai' which literally means 'fortune comes'. In Chinese culture, it is believed that whoever consumes this pastry will bring prosperity and luck to them.

How to make it?



Ingredients - 8 servings

- ☐ 320 g unsalted butter cubed and chilled
- ☐ 400 g plain flour, can be substituted with cake flour
- ☐ 50 g cornflour
- ☐ 100 g Stevia sweetener or icing sugar or castor sugar, add up to 100g
- ☐ 4 egg yolks about 60g in total
- ☐ 2 eggs beaten for egg wash
- ☐ Optional: 3 tbsp water if needed in case of dry dough
- ☐ 600-800 g pineapple jam homemade or store-bought

Make the Dough



- 1** Cut cold butter into small cubes (about 1.5cm) and chill in the fridge until ready to use.



- 2** Add plain flour, cornflour and sugar into a kitchen mixer with paddle attachment and food processor.

Mix on low speed for a few seconds.



- 3** Add cold butter cubes to mixed flours and beat on low speed until mixture turns sandy.



- 4** Beat 2 egg yolks.

Add the egg yolks into the mixture and beat on low speed until a consistent dough is formed.

Add water if the dough is too dry.

Do not overbeat.



- 5** Remove dough from the mixing bowl and shape into a ball.

Wrap in cling wrap and let rest in the fridge for at least 30 minutes.



- 6** Beat 1 egg to make egg wash.



- 7** Preheat the oven to 170°C (convection oven).

To make open-faced pineapple tart



- 1** Flour cookie cutter with flour.

Use a cookie cutter to cut and shape dough (about 9-12g depending on cookie cutter size).



- 2** Apply a thin coat of egg wash evenly.



- 3** Shape pineapple jam into a ball and gently press pineapple jam on each dough so the jam sticks to the dough.

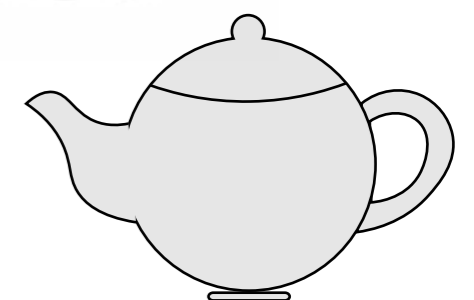
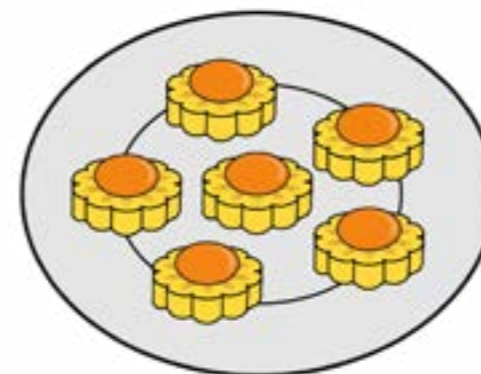
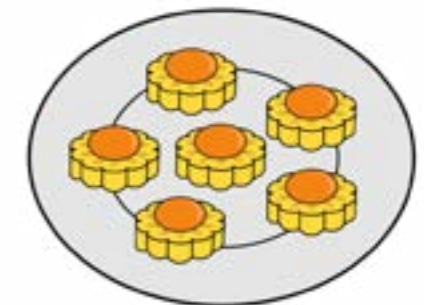
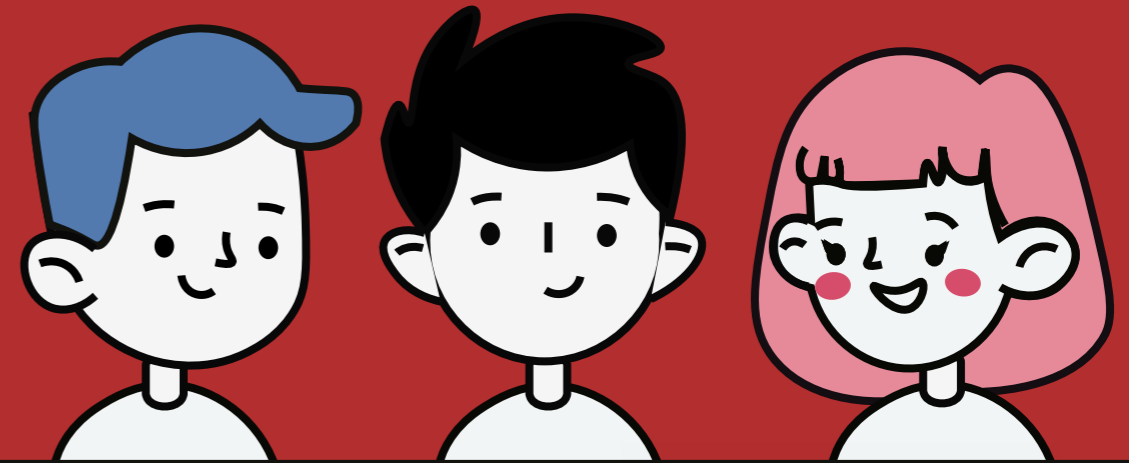


- 4** Bake in a pre-heat oven at 170°C (convection oven) for 10-15 minutes or until golden brown.

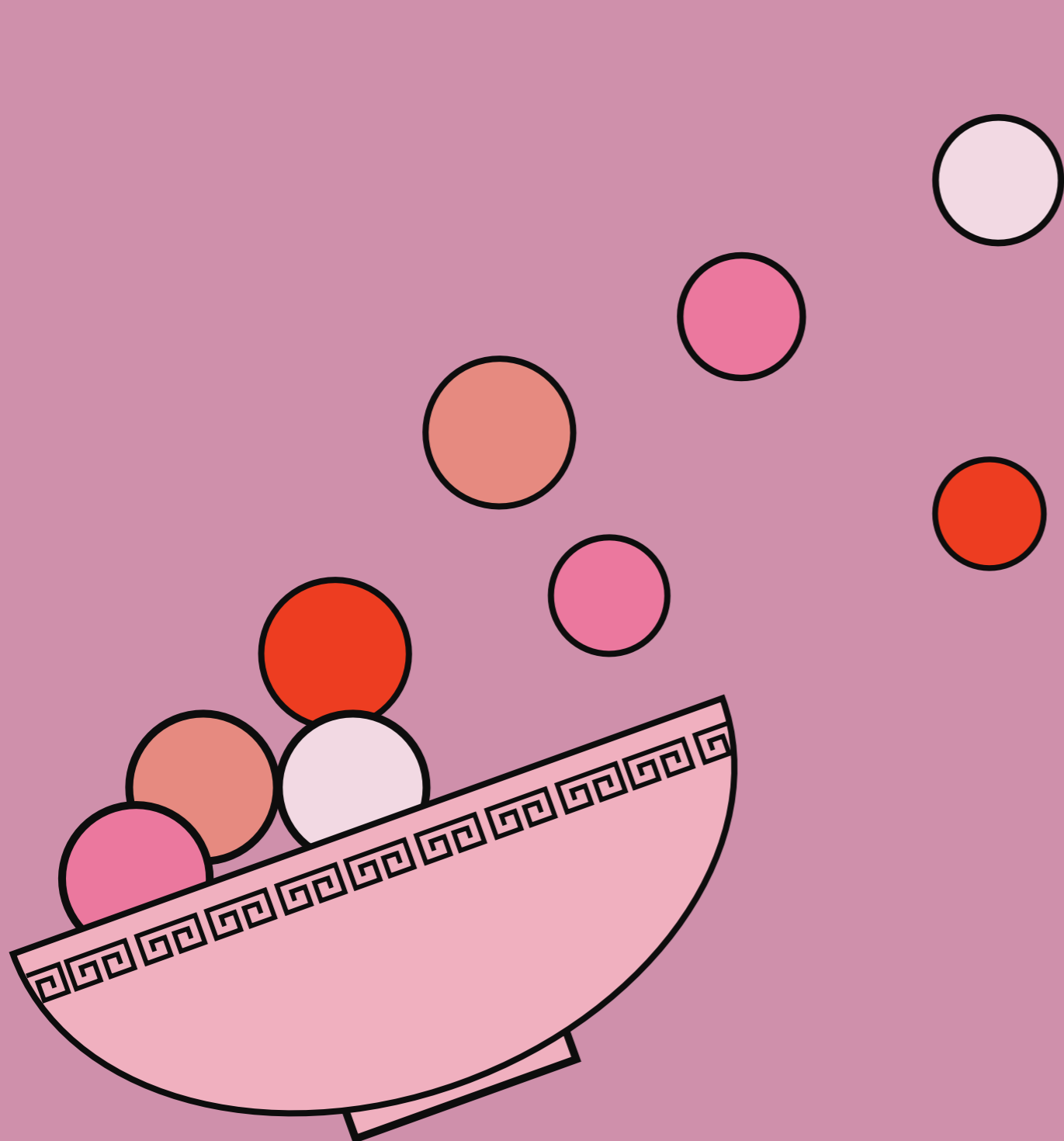
Note: before baking, if the dough is soft, chill in the fridge for about 5-10 minutes before baking it. The dough should ideally be a little firmer when it is put into the oven.



- 5** Allow the pineapple tarts to cool for about 30-60 minutes before storing in air-tight containers. It is normal if the pineapple tarts crack a little when fresh out of the oven.



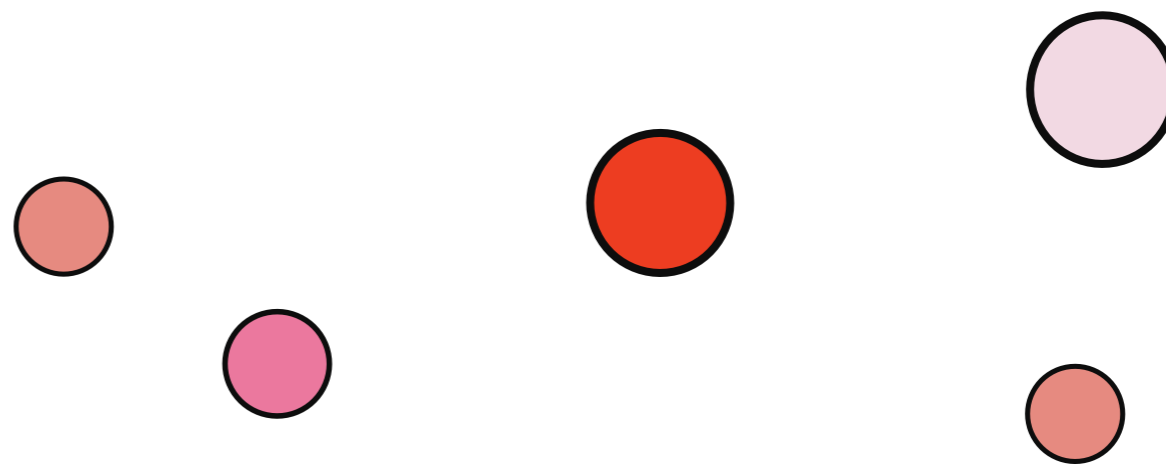
汤 TANGYUAN



历史

相传汤圆起源于宋朝。人们将黑芝麻、猪油和少许糖包裹在糯米团里，再揉成球状，这便是汤圆。吃汤圆象征着来年阖家幸福团圆，所以它是正月十五元宵节的必备食品。

冬至也是人们吃汤圆的日子。冬至这天，北半球白昼最短、黑夜最长。古代的华人相信，过了冬至，白昼将一天比一天长，阳气也会有所回升。



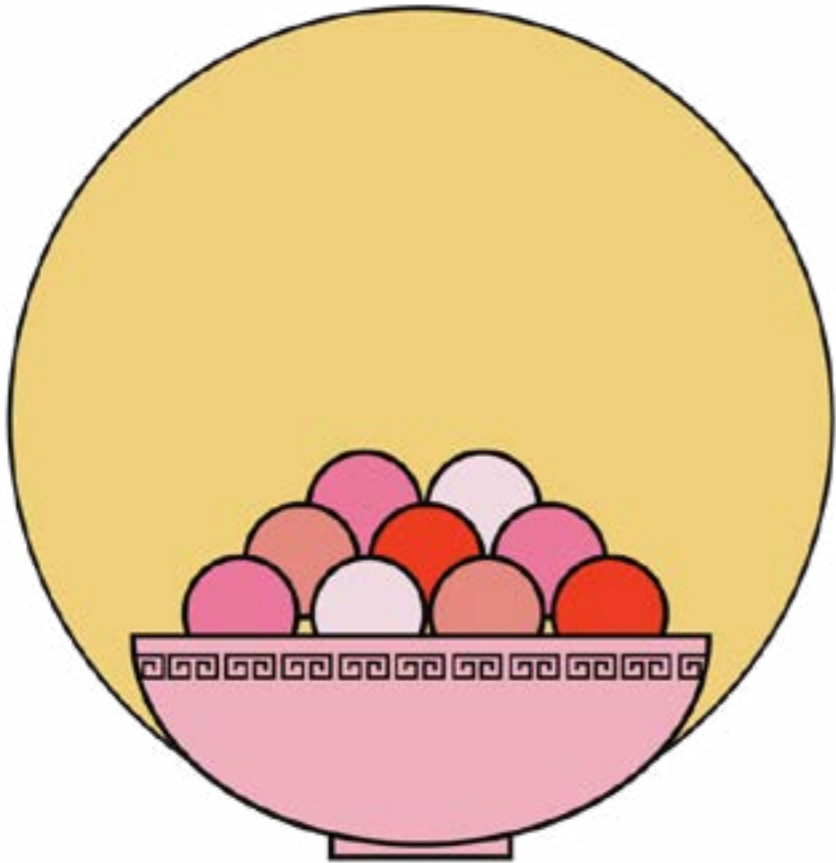
本土化过程

今天，许多华人仍会与家人一起吃汤圆过冬至。如今的汤圆在口味和颜色上也有了更多选择，不仅有花生馅、红豆馅，还有莲蓉馅和巧克力馅。有些人甚至做出了可爱的动物汤圆。

关于黄梨挞的趣味小常识

象征着团圆的汤圆，读音也颇相似。你知道吗？在新加坡，不同方言群的汤圆都有自己的特色。广东人会在汤圆里加入红糖，而客家人的咸汤圆则是把汤圆加进蔬菜高汤里。由于汤圆像极了鸭蛋，所以潮州人把它叫作“鸭母捻”（Ah Balling），也就是鸭母卵的意思。有的土生华人家庭甚至把汤圆贴在大门上，以达到驱邪纳吉的效果。

制作方法



食材

汤圆馅

- ☐ 黑芝麻 2/3 杯
- ☐ 2½ 汤匙或适量的糖
- ☐ 2½ 汤匙的软化黄油、椰子油或猪油

糯米团

- ☐ 1杯糯米粉
- ☐ 3汤匙开水
- ☐ 4汤匙室温水或甜菜根汁

芝麻馅



1 准备一个无油无水的不粘锅，将黑芝麻倒入锅里低温炒香，直至颗颗饱满、可用手捻碎即可。切勿炒焦。



2 将冷却后的黑芝麻倒入食品加工机。拌入糖搅拌均匀，磨到黑芝麻表面细腻有光泽。



3 加入黄油（或椰子油/猪油）搅拌均匀，再将芝麻馅放入冰箱冷藏定型。



4 将定型的芝麻馅切成20份，揉成球状，再放入冰箱备用。包汤圆的时候，芝麻馅不宜太软。若芝麻馅太软，可放入冰箱冷冻室快速定型。

糯米团



1 将糯米粉放入一个大碗里，加入开水，用刮刀搅拌均匀。慢慢加入适量的室温水（粉红汤圆可用甜菜根汁替代）。



2 用手揉到糯米团光滑柔软即可。可根据手感适量加入水或糯米粉。水（或甜菜根汁）的份量因糯米粉而异。揉好的糯米团应光滑不粘手。



3 如有需要，揉好的糯米团可用保鲜膜包起来备用，以避免水分流失。



4 将糯米团分成20等份，揉成球状。

包汤圆



1 将糯米团按扁，捏圆。



2 在中间加入芝麻馅，轻轻拉上，慢慢收紧，让糯米团完全包裹着芝麻馅。若糯米团出现裂纹，可沾水轻轻合上。

煮汤圆



1 准备一大锅水，将水煮开。将汤圆轻轻放入开水中。如有需要，汤圆可分批下锅，避免锅里的汤圆太多。



2 用汤勺轻轻搅动汤圆，避免汤圆粘锅。把火转至中高火。汤圆浮于水面后，再煮一分钟。



3 连带着汤，一起把汤圆盛入碗里。可根据喜好为汤圆准备姜汤。在另一个锅里加入一小片碎姜和糖，煮3分钟左右。试试味道再做调整，最后加进盛满汤圆的碗中。

保存方法

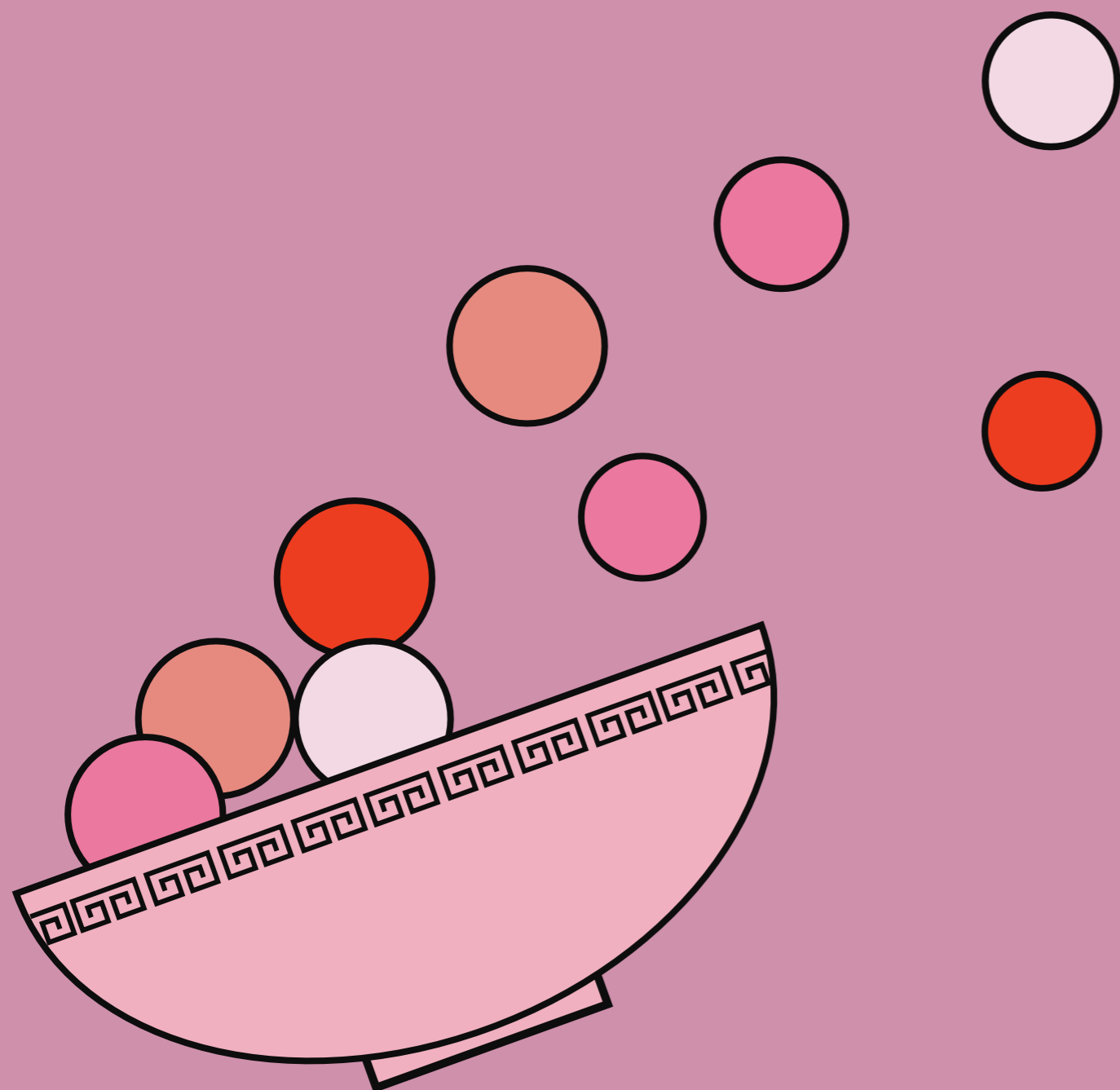


1 汤圆包好之后直接冷冻。将汤圆逐颗放在衬有防油纸的托盘上，放入冰箱冷冻。将冷冻的汤圆放入密封袋里，冷冻保存。



2 冷冻汤圆无需解冻，可直接下锅煮。

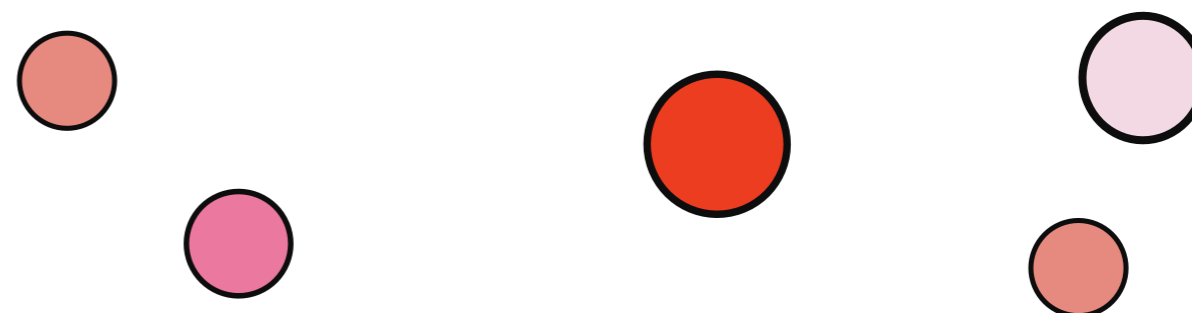
汤 TANGYUAN



History

According to legend, tangyuan originated in the Song Dynasty. Tangyuan is a round shape glutinous rice ball that is typically filled with black sesame, lard and a little sugar. Eating tangyuan symbolises family happiness and reunion in the new year, so it is a must-have delicacy for the Lantern Festival or Yuanxiao Jie, the 15th day of the lunar new year.

Tangyuan is also consumed during the winter solstice which is also known as Dongzhi. In the northern hemisphere, Dongzhi begins on the day that has the shortest daytime and the longest night of the year. The ancient Chinese believed that as days became longer after the Winter Solstice, positive energy would return to Earth.



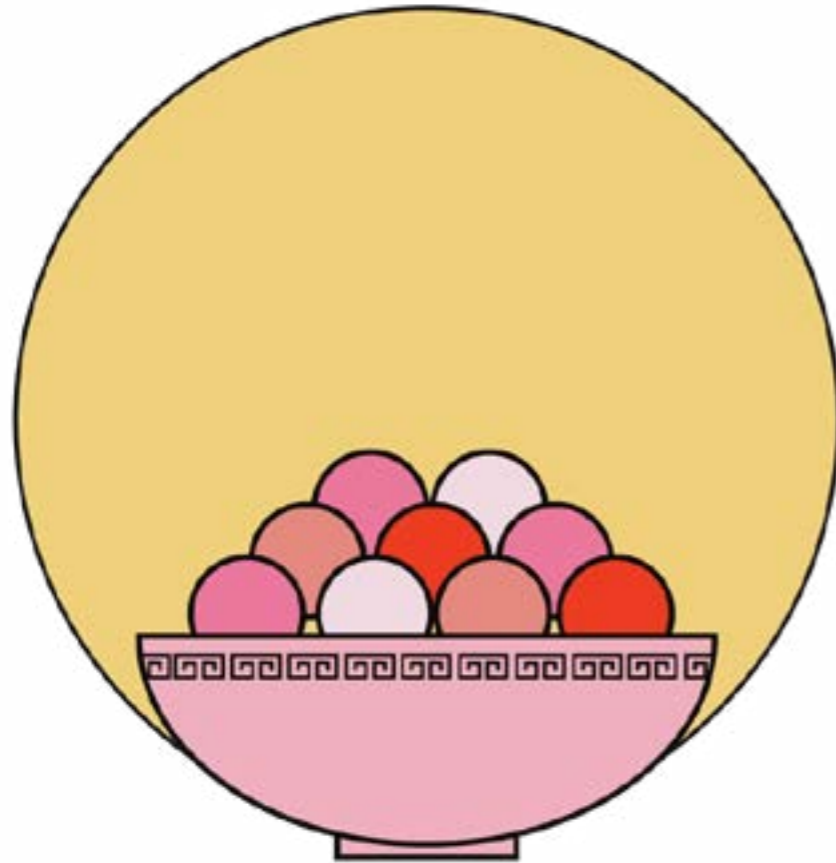
Evolution in Singapore

Today, the winter solstice is still celebrated by the Chinese where families come together to enjoy heart-warming bowls of tangyuan. Tangyuan has since evolved in taste and colour to include fillings such as peanut, red bean, lotus seed paste and chocolate. Tangyuan is even moulded into animal shapes.

Fun fact about Tangyuan in Singapore

Tangyuan symbolises reunion which coincidentally sounds like tuányuán (團圓). And do you know that tangyuan is enjoyed differently by different dialect groups in Singapore? The Cantonese add small pieces of brown sugar as filling, while the Hakkas are known to cook their tangyuan with mixed vegetables in a savoury broth. With tangyuan resembling floating duck eggs, the Teochew community affectionately calls them 'Ah Balling', which means 'mother duck's egg' in their dialect; while some Peranakan Chinese families stick tangyuan on their front door to bring good luck to the household and drive away evil spirits.

How to make it?



Ingredients

For the filling

- ☐ ⅔ cup of black sesame seeds
- ☐ 2½ tbsp sugar or to taste
- ☐ 2½ tbsp softened butter or coconut oil/ lard

For the dough

- ☐ 1 cup of glutinous rice flour
- ☐ 3 tbsp boiling water
- ☐ 4 tbsp room temperature water or beetroot juice

Prepare the filling



- 1 Toast black sesame seeds in a dry frying pan over low heat until they plump up and become very easy to break when crushed with your fingers. Do not overly toast the seeds.



- 2 Once completely cool, put the toasted black sesame seeds in a food processor. Grind them with sugar until they turn into a soft, shiny paste.



- 3 Add butter (or coconut oil/lard). Mix to combine then keep refrigerated until the mixture is firm enough to handle.

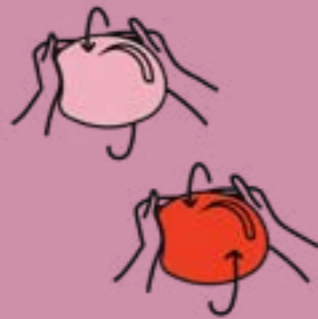


- 4 Divide the paste into 20 portions. Shape each piece into a ball. Put them back in the fridge while preparing the dough. To make assembling easier, the filling should be quite firm. You may put the filling balls in the freezer for a short while if they appear too soft.

Make the dough



- 1 In a mixing bowl, pour boiling water into glutinous rice flour while stirring with a spatula. Then add room temperature water (or beetroot juice for a pink dough) little by little.



- 2 Knead with your hand until a smooth, soft dough forms. Adjust its consistency by adding more water or flour. The amount of water (or beetroot juice) required varies depending on the brand of the flour. The finished dough needs to be smooth and very soft but not sticky.



- 3 If you are not using the dough straightaway, wrap it with cling film to avoid drying out.



- 4 Divide the dough into 20 equal pieces then roll each into a ball.

Assemble Tangyuan



- 1 Flatten a piece of dough into a round wrapper with your fingers.



- 2 Place a ball of filling in the middle. Gently push the wrapper upwards to wrap the filling tightly. Seal at the top completely. If the dough cracks during assembling, wet the broken part with a little water then rub gently to reseal.

Cook Tangyuan



- 1 Bring a large pot of water to a full boil. Gently slide in some tangyuan. If necessary, cook in batches as the balls expand while cooking so do not crowd the pot.



- 2 Push the balls around with the back of a spoon to prevent them from sticking to the bottom of the pot. Cook over medium-high heat. Once all the balls start to float on the surface, boil for a further minute.



- 3 Dish out (along with some cooking liquid) and serve warm. You may also make some ginger syrup separately as the serving liquid. In a separate saucepan, simmer a small piece of smashed ginger and sugar in water for 3 minutes or so. Taste and adjust the flavour. Pour into the bowls with cooked tangyuan.

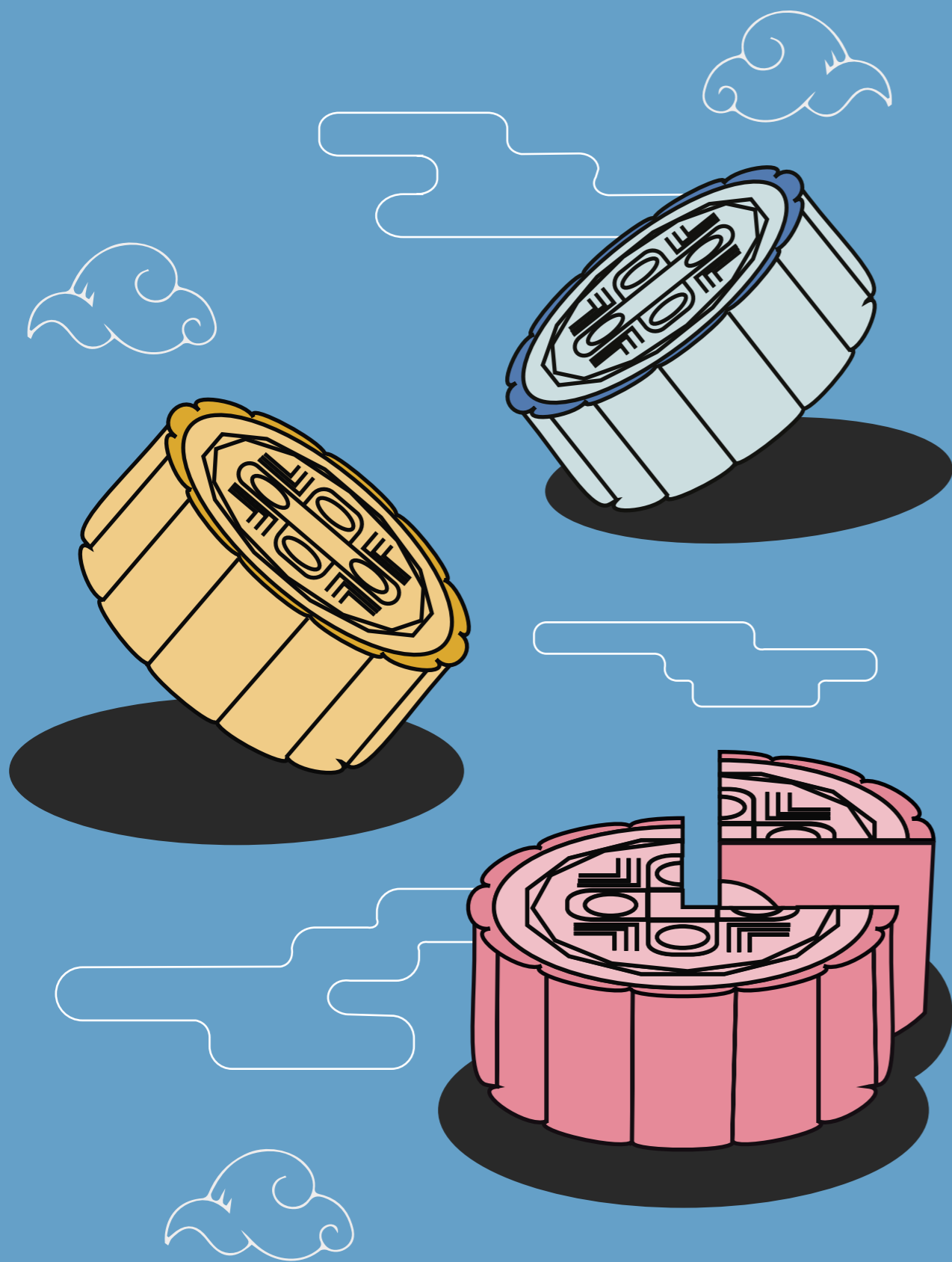
Store Tangyuan



- 1 Freeze tangyuan right after they are assembled. Lay them in a single layer on a tray lined with parchment paper to freeze. Once totally frozen, put them in an air-tight bag and store in the freezer.



- 2 To cook frozen tangyuan, follow the same cooking procedure (do not defrost).



历史

月饼的起源可追溯到早期的商朝。当时有一种边薄心厚的“太师饼”，据说是月饼的“始祖”。而当时的人们也已经开始庆祝秋季丰收。到了唐朝，中秋节更是在民间兴起，成了盛大节日。元朝末年，老百姓把字条藏在月饼内相互传递，通过这个方法起义成功，推翻了元朝。

本土化过程

随着时间的推移，月饼的种类也越来越多。除了有传统月饼，还有冰皮月饼、冰淇淋月饼，以及果冻月饼。虽然这类月饼的制作过程比较复杂，但它们在本地广受欢迎。此外，月饼的口味也层出不穷，除了有简单的巧克力口味，也有浓郁的榴莲月饼和香槟月饼。

关于黄梨挞的趣味小常识

在华族文化里，圆象征团圆美满。所谓“月圆人团圆”，满月的时候，一家人必须围坐在一起赏月，共享天伦。

在新加坡，广式月饼最为常见。不同的方言群也有自己的特色月饼，如潮州人的紫芋千层酥皮月饼，以及香脆的海南酥盐月饼。不说你不知，客家人和福建人也有自己的月饼。客家月饼没有传统月饼的经典花纹，而是盖上了动物与花卉的图案。还有福建人的“状元饼”，为应考的学生讨个吉利。

制作冰皮月饼方法

- 工具

☐ 月饼模具

☐ 食品级手套
- 食材 - 月饼馅

☐ 2½汤匙小麦淀粉或玉米淀粉/木薯淀粉

☐ 3汤匙糖粉

☐ 3汤匙融化的无盐黄油

☐ 2汤匙炼乳

☐ 2个大鸡蛋
- 食材 - 冰皮

☐ 3汤匙糯米粉

☐ 3汤匙粘米粉

☐ 2汤匙小麦淀粉或玉米淀粉/木薯淀粉

☐ 3汤匙糖粉

☐ ½杯牛奶

☐ 1汤匙炼乳

☐ 1汤匙中性食用油

☐ 抹茶粉（上色用，可根据个人喜好替换）
- 食材 - 手粉

☐ 2汤匙糯米粉

月饼馅



1 将小麦淀粉（或玉米淀粉/木薯淀粉）、糖粉、融化黄油和炼乳拌匀。加入鸡蛋，搅拌均匀。



2 倒入平底锅，小火翻炒。如果月饼馅开始粘锅，可用刮刀不断折叠、搅拌。



3 月饼馅初步凝固定型之后，可移到碗中。定型后的月饼馅不宜太干。



4 用保鲜膜将月饼馅包起来。待完全冷却后，放入冰箱冷藏。

冰皮



1 月饼馅做好后，可开始制作冰皮。将糯米粉、粘米粉、小麦淀粉（或玉米淀粉/木薯淀粉）和糖粉倒入碗中，加入牛奶搅拌均匀。加入炼乳和食用油，继续搅拌。



2 将面糊倒入一个深盘中，再用另一个盘子盖住。可用微波炉高火煮4分钟，也可放入蒸笼中火煮20分钟。若使用的份量是食谱的双倍，须分两批放入微波炉，或将蒸煮时间增加到30分钟。



3 用刮刀将蒸好的粉糊放入另一个盘子冷却。如果开始出油，就必须把浮在上面的油揉进去。



4 冷却后，用手将粉糊揉成团。可使用食品级手套避免冰皮粘手。有需要的话，可用保鲜膜包起来备用。

上色（依照个人喜好进行）



给冰皮撒上一层抹茶粉或紫薯粉，揉搓至颜色均匀。依照本食谱所采用的分量，所需的粉末大约半茶匙左右。

手粉

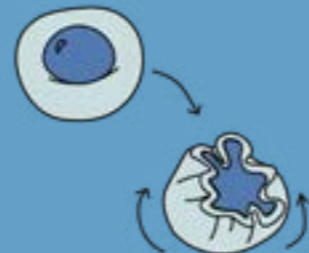


将糯米粉倒入平底锅，小火翻炒4分钟左右。后转放置一旁冷却备用。

包月饼



1 用手将月饼馅搓揉均匀，分成8等份，揉成球状。



2 冰皮也分成8等份，揉成球状。将冰皮按扁，捏圆。在中间加入月饼馅，轻轻将冰皮拉上，慢慢收紧，让冰皮完全包裹着内馅。



3 将月饼球放入手粉里蘸一下。将多余的手粉轻轻去掉。



4 将月饼球放入月饼模具。模具开口朝下，放到有一层薄薄手粉的盘中。一边按压手柄，一边将模具提起。再次按压手柄让月饼弹出。必要的话，可给月饼模具涂上一层手粉。

保存方法



1 冷藏：将月饼放入密封的容器中，并在72小时内食用。



2 冷冻：将月饼逐个放在托盘上，放入冰箱冷冻。将冷冻的月饼放入密封的容器中，可冷冻保存一个月左右。

食用指南



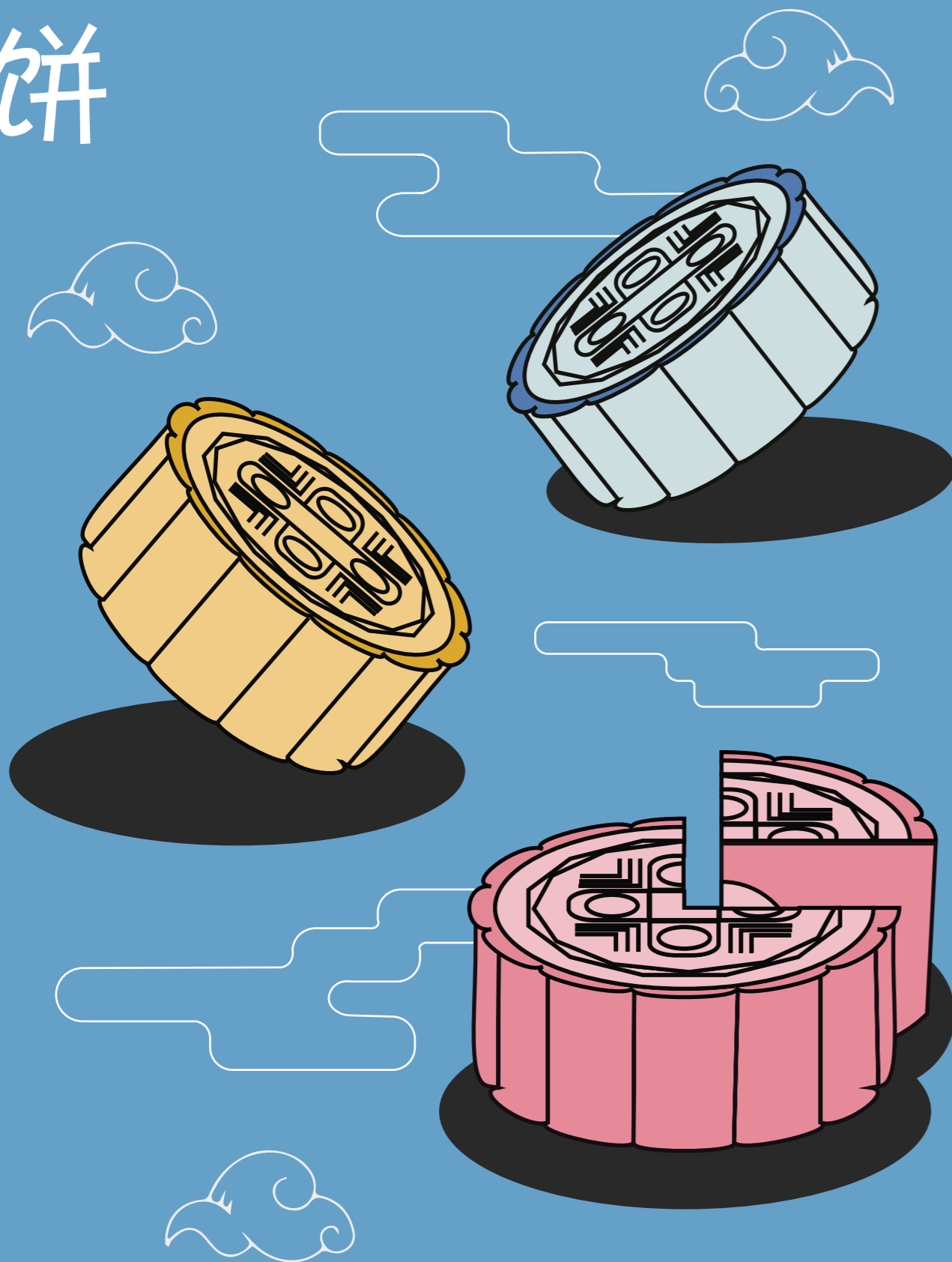
1 做好的月饼最好立即食用。过一段时间，冰皮月饼会变硬，口感欠佳。



2 硬化的冰皮月饼，可用微波炉或蒸炉将之软化。在月饼表层加点水，放在盘子或碗里，盖上保鲜膜，高火微波15秒。不够软的话，可加长时间（每次10秒），直到软度适中。亦可蒸2分钟左右，再根据软度适当调整。

月 MOONCAKE

饼



History

The origins of mooncakes can be traced to the early Shang dynasty. At that time, there was a type of pastry which gradually became the mooncakes we know. Moreover, people also celebrated post-autumn harvest. During the Tang dynasty common citizens started celebrating Mid-Autumn as a festival. It is believed to have been a method for citizens to pass on secret messages during the Yuan dynasty. People would stuff secret codes into mooncake fillings and gift the mooncakes to neighbours which enabled the people to overthrow the Yuan dynasty.



Evolution in Singapore

Over the years, mooncakes have changed from the traditionally baked mooncakes to numerous variations such as snow skin, ice cream and jelly mooncakes. Although more complicated to manufacture, its novelty has gained popularity among Singaporeans. Coupled with new types of mooncakes are the new pastes that have been introduced, ranging from simple chocolate paste to more flavourful tastes such as durian and champagne pastes.

Fun Fact about mooncakes in Singapore

In Chinese culture, roundness symbolises completeness and togetherness. A full moon is considered a symbol of reunion where families come together to admire the moon and eat mooncakes.

The most common mooncake in Singapore is the Cantonese mooncake. There are also mooncakes from other dialect groups such as the thousand-layer Orh Nee mooncakes by the Teochews and the crispy salted 'su yan' Hainanese mooncakes. You may not know this but the Hakkas and Hokkiens have their own unique mooncakes too. Unlike other mooncakes which are engraved with patterns, the Hakka mooncakes are adorned with carvings of animals and flowers while the Hokkien 'scholar' mooncakes are gifted to students during examinations for good luck.

How to make snow skin mooncakes?

Equipment	Ingredients - For the skin	Ingredients - For dusting
<input type="checkbox"/> Small mooncake moulds	<input type="checkbox"/> 3 tbsp glutinous rice flour	<input type="checkbox"/> 2 tbsp glutinous rice flour
<input type="checkbox"/> Food-safe gloves	<input type="checkbox"/> 3 tbsp regular rice flour	
	<input type="checkbox"/> 2 tbsp wheat starch or corn starch/tapioca starch	
Ingredients - For the filling	<input type="checkbox"/> 3 tbsp powdered sugar (icing sugar)	
<input type="checkbox"/> 2½ tbsp wheat starch or corn starch/tapioca starch	<input type="checkbox"/> ½ cup milk	
<input type="checkbox"/> 3 tbsp powdered sugar aka icing sugar	<input type="checkbox"/> 1 tbsp condensed milk	
<input type="checkbox"/> 3 tbsp unsalted butter (melted)	<input type="checkbox"/> 1 tbsp neutral cooking oil	
<input type="checkbox"/> 2 tbsp condensed milk	<input type="checkbox"/> Matcha powder for colouring (optional)	
<input type="checkbox"/> 2 large eggs		

Make the filling



1 Mix wheat starch (or corn starch/tapioca starch), powdered sugar, melted butter and condensed milk until well combined. Add the eggs. Lightly beat until fully incorporated.

2 Pour the mixture into a saucepan. Cook over low heat. Once the mixture starts to solidify at the bottom of the pan, stir and fold constantly with a flexible spatula.



3 When the mixture becomes evenly solid, transfer it to a bowl. It should hold in shape but not be too dry.

4 Lay a piece of cling film tightly over the cooked filling. Leave to cool completely then put into the fridge to firm up further.

Prepare the skin



1 While waiting for the filling to cool, prepare the skin. Put glutinous rice flour, regular rice flour, wheat starch (or corn starch/tapioca starch) and powdered sugar into a bowl. Pour in milk. Mix until smooth. Add condensed milk and oil. Stir to combine.

2 Pour the mixture into a deep plate, then cover it with another plate. Cook it either in a microwave for 4 minutes on high power or in a steamer for 20 minutes over medium-high heat. To double the quantity of the recipe, microwave the skin mixture in two batches. If steaming, increase the cooking time to 30 minutes.



3 By then the mixture should have turned solid. Use a flexible spatula to scrape it off and transfer to another plate to speed up cooling. If you see some oil separate from the dough after cooking, knead it into the dough.

4 When it is cool enough to touch, combine and knead it in your hands until it becomes smooth. You can wear food-safe gloves to prevent sticking. Wrap it with cling film if not used immediately.

Colour the skin (Optional)



Sprinkle matcha powder or purple sweet potato powder over the cooked dough. Knead to distribute the powder until the colour becomes even. For the entire dough this recipe makes, you'd need about ½ teaspoon of powder.

Toast the dusting flour

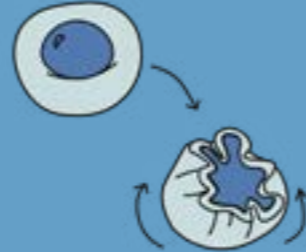


In a pan, toast glutinous rice flour over low heat for about 4 minutes. Transfer out to cool for later use.

Shape the mooncakes



- 1 Take the filling out and knead in your hands briefly to make it smoother. Divide it into 8 equal pieces and roll each into a ball.



- 2 Shape the skin into 8 equal balls. Flatten one piece into a round wrapper. Place a filling ball in the middle. Gently push the wrapper upwards to tightly cover the filling. Seal at the top.



- 3 Roll the assembled ball in the toasted glutinous rice flour. Rub off any excess flour leaving just a very thin layer.



- 4 Put the ball into a mooncake mould. Place the mould, with the opening facing down, onto a lightly dusted surface. Press the springy handle then lift up the mould. Push the handle again to release the mooncake. Dust the mooncake mould before shaping if your mooncakes don't slide off easily.

Store



- 1 **In the fridge:** Store them in air-tight containers in the fridge and consume within 72 hours.



- 2 **In the freezer:** Lay them in a single layer to freeze. Once completely frozen, transfer them into air-tight containers/bags. Store in the freezer for up to 1 month.

Serve



- 1 They're best when consumed right after assembly as the skin will harden over time.



- 2 **To soften,** you can either microwave or steam them. Lightly wet them and microwave them in a plate/bowl covered with cling film on high power for 15 seconds. Check the softness and cook longer (10 seconds at a time) until softened. Or steam them for 2 minutes. Check the softness and cook a little longer as needed.

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