

Man Yu / New Born's First Month & Other Festivals – Tortoise Cake



0 made it | 0 reviews



Tortoise Cake coloured red or Ji Xiang Ang Ku Kueh is served to celebrate a newborn's 1st month. Red tortoise cake is also enjoyed at various other festivals including the Jade Emperor's birthday. The Red Tortoise cake makes another appearance during the Qi Fi or Chinese Valentine's Day. On this day, parents will hand out cakes, signifying their daughter is of age. During the Qing Ming Festival when the Chinese visit the burial grounds of their ancestors to pay respects, tortoise cakes, usually coloured white or green, are offered.

- Sub Category Name
 - Food
 - Desserts
 - Sweets
- Recipe Source Name
 - Tea Inspired Festivities
- Festivities Name
 - Momentous Family Celebrations

Used Teas



t-Series The First
Ceylon Oolong



t-Series The Original
Earl Grey

Ingredients

Man Yu / New Born's First Month & Other Festivals – Tortoise Cake Dough

- 130g glutinous rice flour
- 100g sweet potato, skinned and diced
- 1 tbsp caster sugar
- 200ml oil
- 80ml water (infused with pandan / screw pine leaf)
- Red food colouring

Filling

- 150g mung beans, soaked for 1-2 hours
- 3 pandan leaves
- 120g sugar

- 3 tbsp oil

Methods and Directions

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- Place mung beans in a saucepan with pandan leaves and just enough water to immerse them completely.
- Boil until soft; about 20 minutes.
- Drain the beans, and discard the pandan leaves.
- Place beans in a food processor with the sugar and oil and blitz until smooth.
- When cool enough to handle, divide into around 15 equal portions and roll into balls.
- Meanwhile, make the dough.
- Steam the sweet potato pieces for 20 minutes until cooked.
- Add the sugar and mash until smooth.
- Mix in the glutinous rice flour, red colouring and oil, and add in the water gradually and mix into a smooth dough.
- Divide the dough into 15 equal portions and roll them into discs.
- Place a piece of mung bean filling into each disc of dough, wrap it up neatly.
- Dust an ang koo kueh mould with some glutinous rice flour and place a piece of filled dough into the mould.
- Press it in to get the patterns, and knock it out against the edge of a chopping board.
- Repeat with the rest.
- Place each cake on a greased piece of banana leaf and steam over moderately boiling water for 10-12 minutes.
- Note: Ensure that the condensation off the inside of the lid is wiped off periodically, to prevent the water from dripping onto the cake.
- When done, brush some oil over each cake/kueh and set aside to cool.