

## Teochew Spiral Mooncake with Yam Paste & Pumpkin Seeds



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- Sub Category Name  
Food  
Desserts  
Sweets
- Recipe Source Name  
Tea Inspired Festivities
- Festivities Name  
Chinese Mid Autumn Festival

### Used Teas



t-Series Lychee with  
Rose & Almond



t-Series Pure  
Chamomile Flowers



t-Series Pu-erh No. 1  
Leaf Tea

### Ingredients

#### Teochew Spiral Mooncake with Yam Paste & Pumpkin Seeds Water dough

- 100g flour
- 1/4 tsp vinegar
- 25g shortening



- 20g sugar
- 40ml water
- Pinch of salt

### **Oil Dough**

- 100g flour
- 40g shortening
- 1 tsp cocoa powder
- Pinch of salt

### **Filling**

- 500g yam paste
- 2-3 tbsp pumpkin seeds

## **Methods and Directions**

### **Teochew Spiral Mooncake with Yam Paste & Pumpkin Seeds**

- Combine the water dough ingredients together and mix well.
- Put it on a lightly floured board and knead until smooth and pliable.
- Wrap in cling film and set aside to rest for 30 minutes.
- Combine the oil dough ingredients in a bowl and bring it together into a dough.
- Knead on a floured board until it is smooth and pliable.
- Wrap in cling film and set aside to rest for 30 minutes.
- Mix the yam paste with the pumpkin seeds and combine well.

### **Rolling the spiral dough**

- Remove the two doughs from the cling wrap.
- Divide the oil dough into two equal portions and shape into balls.
- Divide the water dough into two equal portions.
- Working with one portion at a time, roll the water dough flat with a rolling pin.
- Place one portion of the oil dough on the flattened water dough and wrap the water dough evenly around the oil dough. Reshape into a ball.
- Next, place the dough ball on a floured board and roll it into a flat, rectangular or elongated oval.
- Ensure that the oil dough does not break through the water dough.
- Roll it up into a cigar shape and turn it 90 degrees so that one pointed end is closest to you.
- Use the rolling pin and roll it flat again from the part closest to you.
- Reroll into a cigar shape, starting from the end closest to you.
- Cut the cigar into four equal portions.
- Lay the cut end facing upwards and press it down lightly with the palm.
- Use the rolling pin and roll it out into a small disc.



- The spiral lines should now be visible.
- Place a portion of the yam filling in the middle of the flattened spiral dough and wrap the filing up fully.
- Pinch to seal.
- Repeat with all the remaining dough.
- Lay the uncooked mooncakes on a baking sheet and bake at 180°C for 20-30 minutes until lightly golden.

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