

Shanghai Mooncake with Chocolate, Red Bean & Coconut Filling



0 made it | 0 reviews



A Note on Mooncakes Two essential tools required for making mooncakes are moulds and a digital weighing scale. The latter is necessary for weighing out equal portions of all manner of dough and fillings, as well as the small quantities of lye water. Too much of lye renders the skin overly dark on baking, and too little robs it of its much needed elasticity. Obtain a variety of moulds so that the mooncakes can take on various shapes. Do not feel compelled to use only the traditional wooden ones, pretty as they are. Contemporary plastic moulds come in two pieces or are spring loaded, making them easier to handle. Plastic or silicone moulds can also double up, and are especially necessary for the jellied mooncakes. Use a variety of shapes and designs for flexibility. Given the plethora of moulds and sizes, there is a simple method to determine the amount of filling and dough. Whatever size the mooncake, a dough-to-filling ratio of approximately 1:3 works well. It takes practice to shape the dough into a thin, even layer around the filling. Work by weight rather than volume. To figure out how much a mould will take, fill it completely with the choice of filling, then weigh it. Based on this weight, work out how much dough and filling you need for each mooncake using the recommended ratio above.

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

Used Teas



t-Series Sencha Green
Extra Special



t-Series Single Estate
Assam

Ingredients

Shanghai Mooncake with Chocolate, Red Bean & Coconut Filling Dough

- 90g butter, softened and cubed

- 30g sugar
- 1 tbsp milk
- 120g self-raising flour
- 20g custard powder
- Pinch of salt

Filling

- 180g red bean paste
- 2 tbsp dessicated coconut
- 50g store bought chocolate bar with caramel & nuts (we used Reese's Chocolate Nut Bar 47g)
- Egg yolk, lightly beaten
- 1 tsp white sesame seeds

Methods and Directions

Shanghai Mooncake with Chocolate, Red Bean & Coconut Filling

- To make the pastry, prepare the dough.
- Beat the butter and sugar in a mixing bowl until light and fluffy.
- Then stir in the milk.
- In a separate bowl, combine the flour, custard powder and salt.
- Mix well.
- Bring it all together into a soft dough by stirring it into the butter mixture.
- Knead it lightly with hands to smoothen the dough.
- Set aside for 20 minutes.
- Make the filling.
- Roughly chop the chocolate bar into small coarse pieces, and mix it evenly with the red bean paste and coconut.
- Divide the dough into 12 equal portions.
- Do the same with the red bean paste, and roll the red bean filling into balls.
- Flatten a portion of the dough, place a ball of red bean filling on it and slowly wrap the dough around the filling, pinching and gently pushing the very pliable dough around the filling.
- Pinch to seal it up and roll again between your palms to reshape it into a ball.
- Bake in a preheated oven at 180°C for 10 minutes. Remove, brush with egg yolk, and sprinkle with sesame seeds. Return it into the oven and continue baking for another 15 minutes or until light golden.
- Set the mooncakes on a wire rack to cool and store in an airtight container.