中秋節冰皮月餅

冰皮材料

第一款

材料:

1. 糯米粉　35g/1.23oz
2. 玉米粉　15g/0.525oz
3. 粘米粉　15g/0.525oz
4. 砂糖　15g/0.525oz
5. 煉奶　15g/0.525oz
6. 無鹽牛油　15g/0.525oz
7. 牛奶　120g/4.2oz

做法：把所有材料倒入盆中，牛油可以切小塊攪拌均勻。蓋上蓋子，在微波 1800 瓦特， 微波 30 秒。拿出來攪拌一下，再微波 30 秒，拿出攪拌一下，再微波 30 秒即成。在砧板及麵糰上撒上麵粉，把麵糰搓成長條，切成十等份，搓成小圓球待用。

2. 第二款

材料:

1. 糯米粉 50g
2. 粘米粉 40g
3. 澄粉 20g
4. 砂糖 30g
5. 牛奶 185g
6. 油 20g
7. 有機染色素

做法:

1. 把上述 1-5 倒入盆中攪勻，倒入油，攪至油水完全融入。然後用中大火蒸 20-25 分鐘。趁熱取出，待温熱時把麵糊撥成一團，連續搓揉至滑。

2. 搓好麵團，包上保鮮紙，等三十分鐘。把粉團切成四大等份，每份用牙籤塗上少許所要顏色，搓勻或大約搓勻
3. 把每份麵團再分成四份，每份加入餡料，搓圓，放入模中，壓成月餅

餡 料

1. 芋泥紫薯

材料： 芋頭 140g/6lb

紫薯 150g/5.25 oz

做法：

a. 洗净兩者，去皮切片，蒸熟，搓爛，分次放入攪拌器攪爛，中間下點水，但不要太多而導致太稀。

b. 用不粘鍋慢火把芋薯漿放入，分次加入 20g (0.7oz) 油至完全融入，加白糖 20，在全部融化後加入葡萄糖/syrup/或蜜糖 30g。攪至手指按下有凹位，但不粘手即成！

c. 待餡料涼透後，搓成長條，切成十等份，搓成小圓球

d. 在冰皮球中間，用拇指壓下，然後把餅皮搓開成約兩寸直徑皮片，把芋薯餡料放冰皮中間，慢慢收攏至埋口，再搓成圓球

e. 在模型中灑上麵粉，把圓球放入，然後壓下，邊壓邊把模型轉動，使餅型平均，花樣清楚

f. 把月餅放冰箱內至少半小時，可享用

2. 栗子

材料： 熟栗子肉 150gm

做法

a. 把栗子壓碎，倒入攪拌器中，加入牛奶或水 (少量慢加) 至全部融入，放入不粘鍋中，慢火加油 20g 炒熱，然後加 15g 糖。全混合後，加入糖漿或蜂蜜，慢攪至成團，手指按下有凹位，但不粘手，即成！

b. 跟上述芋泥紫薯的 c.至 f. 程序完成月餅

Mid-Autumn Festival Snow Skin Mooncakes

Snowy Skin

Choice I

Ingredients:

1. Glutinous Rice Flour 35g / 1.23oz
2. Corn Starch 15g / 0.525oz
3. Rice Flour 15g
4. Sugar 15g
5. Condensed Milk 15g
6. Unsalted Butter 15g
7. Milk 120g / 4.2oz

Instructions:

Combine all ingredients in a bowl. Cut the butter into small pieces and mix well. Cover and microwave at 1800W for 30 seconds. Remove and stir, microwave for another 30 seconds, remove and stir, microwave for another 30 seconds. Sprinkle flour on the cutting board and dough, roll the dough into long strips, cut into ten equal parts, and roll into small balls for later use.

Choice II

Ingredients:

1. 50g glutinous rice flour
2. 40g sticky rice flour
3. 20g cornstarch
4. 30g granulated sugar
5. 185g milk
6. 20g oil
7. Organic coloring

Instructions:

1. Combine above ingredients 1-5 in a bowl and mix well. Add oil and stir until completely
2. incorporated. Steam over medium-high heat for 20-25 minutes. Remove from heat and, when warm, form the batter into a ball and knead continuously until smooth.

3. Roll out the dough, wrap in plastic wrap, and let it sit for 30 minutes. Cut the dough into four equal portions. Using a toothpick, lightly paint each portion with the desired color and knead until smooth or just combined.
4. Divide each portion into four more portions. Add the filling to each portion, roll into a ball, place in a mold, and press into a mooncake.

Filling

Taro and Purple Sweet Potato Filling

Ingredients:

Taro 140g / 5oz
Purple Sweet Potato 150g / 5.25 oz

Instructions

1. Wash taro and sweet potato, peel and slice, steam until cooked, and mash. Blend in blenders, adding a little water in between, but not too much to make it too watery.
2. Place the taro paste in a non-stick pan over low heat. Gradually add 20g (0.7oz) of oil until completely incorporated. Add 20g of sugar. Once completely dissolved,

   add 30g of glucose/syrup/or honey. Blend until you feel a dent when pressed with your finger, but not sticky
3. Once the filling has cooled, roll it into long strips, cut into ten equal pieces, and roll into small balls.
4. Press down with your thumb in the center of the mooncake ball, then roll the dough out to a diameter of about two inches round. Place the filling in the center of the round, slowly folding it in until the filling is completely covered, and then roll it into a ball
5. Sprinkle flour in the mold, place the ball in, and press it down, rotating the mold as you go to make sure the mooncake is evenly shaped and has a distinct pattern.
6. Refrigerate for at least half an hour before enjoying.

Chestnuts filling

Ingredients:

150g cooked chestnut meat

Instructions

a. Crush the chestnuts and blend them in a blender. Add milk or water (add slowly, in small amounts) until fully incorporated. Place in a non-stick pan and heat 20g of oil over low heat. Then add 15g of sugar. Once fully combined, add syrup or honey. Blend until you feel a dent when pressed with your finger, but not sticky

b. Follow the steps c. through f. of the taro and purple sweet potato paste to create the mooncakes