

Moon Fairy Moon Cakes Recipe

A BAREFOOT ACTIVITY FOR KIDS AGED 7 TO 12

Not everyone can pedal to the market to buy moon cakes during the Moon Festival like Lin Yi. Sometimes it's more fun to make your own! Use this recipe to make some Moon Fairy moon cakes at home.

PREPARATION TIME 20 minutes (plus 2 hours for soaking beans for filling)

COOKING TIME 20 minutes

INGREDIENTS

Filling

- 450 g dried red azuki beans
- 1.75 ml cooking oil or 165 g lard
- 335 g sugar

Water-Shortening Dough

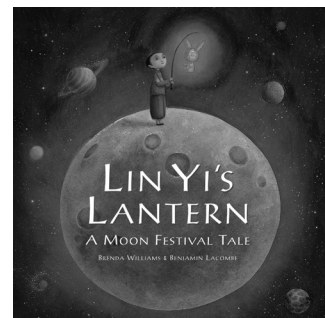
- 200 g flour
- 75 ml cooking oil
- 150 ml water
- 1.3 g salt

Flaky Dough

- 100 g flour
- 70 g lard

Equipment

- Cheesecloth
- Cookie design stamp
- Mould
- Red food colouring for design
- Rolling pin
- Strainer
- Saucepan
- Kitchen roll



Lin Yi's Lantern A Moon Festival Tale

Written by Brenda Williams
Illustrated by Benjamin Lacombe

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LET'S BEGIN

Filling

1. The first thing to make is the filling for the moon cakes. (You may wish to set aside time for this before beginning the dough making part of the project with children.) Start by soaking the red beans in water with a cover for 2 hours. Drain the beans and discard the water. Cover with fresh water and bring to the boil.
2. Simmer over a low heat for 1½ hours or until the skins of the beans open.
3. Strain the beans and discard the skins. Place the strained beans in several layers of cheesecloth and squeeze out any excess water.
4. Place in a saucepan with the oil and the sugar.
5. Cook, stirring continuously, until almost all the moisture has evaporated.
6. Let cool until needed for filling the dough.

Dough

1. Divide the filling into 20 equal portions and shape into balls.
2. Mix ingredients for the water-shortening dough and the flaky dough separately until both are smooth. Divide the shortening dough and the flaky dough into 20 equal portions each.
3. Wrap each portion of flaky dough inside each portion of water-shortening dough. Roll out each piece of dough with a rolling pin, and then fold in thirds to form three layers. Roll out again, and once more fold in thirds to form three layers. *(continued on next page)*



Dough (continued)

4. Flatten each piece of dough with the palm of your hand to form a 7 cm circle. Place one portion of filling in the centre. Gather the edges to enclose the filling and pinch to seal the ball with your fingers. Place the filled packet in the mould, gently pressing to fit. Invert and remove the mould.
5. Dilute the red food colouring with water and pour onto a damp kitchen roll on a plate. Put some food colouring onto the cookie-design stamp, and then press on top of the moon cake.
6. Repeat the process for the remaining moon cakes.
7. Arrange the moon cakes on a baking sheet. Bake for 20 minutes at 180° C, gas mark 4.
8. Let cool before serving. Enjoy!

