

艾華中文學校

ài huá zhōng wén xué xiào

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綠豆糕 Mung Bean Cake

lǜ dòu gāo

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Equipment

- Stainless Steel Steamer
- Mooncake Mold (50g)



Ingredients

Classic Flavor

- 300g peeled dried mung beans
- 150g granulated sugar
- 120g corn oil or another very mild-flavored oil

Instructions

1. Soak the beans for 8 hours or overnight. Drain them completely.
2. Place the beans on a deep plate in a steamer. Heat the steamer over high heat until it comes to full steam. Reduce the heat to medium and steam for 30 minutes. Press a bean between your fingers; if it crumbles, it's cooked.
3. Transfer the beans to a food processor and pulse to break them down into a powder. Transfer to a large bowl. Stir in the sugar and the oil and mix well.
4. Heat a wok or a large nonstick skillet over medium heat. Add the paste to the wok and cook it to dry up excess moisture and dissolve the sugar. Fold it with a spatula constantly to prevent browning, until the paste turns into a dough.
5. Let the dough cool. Press a piece of the dough (50g) into a moon cake mold to make a small cake.
6. Serve the cakes either fresh or chilled for a better taste. If you're not eating them right away, store in an airtight container in the refrigerator for up to 3 days.