

Rebecca Li's Lotus Mooncakes with Salted Egg Yolk

Makes about twenty 50g mooncakes!

Ingredients

Salted Eggs:*

- Raw, uncracked eggs
 - Chinese liquor 54%
 - Iodized salt
1. Dip eggs in liquor
 2. Dredge eggs in salt
 3. Place each egg in small sandwich bag
 4. Add more salt in bags if eggs are not fully coated
 5. Place eggs in a pot, replace the lid and store in a cool place
 6. Cure for 21 days

* You can also buy store-bought salted egg yolks to save time.

Lotus Paste:**

- 125g dried lotus seeds
 - 115g sugar (to taste)
 - 80g sunflower oil (peanut or vegetable oil is fine)
1. Soak lotus seeds until rehydrated (overnight)
 2. Drain and remove green sprout in the center, if there are any
 3. Boil in fresh water for an hour or until seeds are soft
 4. Drain and place in food processor and blend until smooth. (If lumpy, add water 1 tablespoon at a time.)
 5. Transfer smooth paste into a non-stick pan and cook on high heat
 6. Alternate adding oil and sugar in 3 parts while stirring paste rigorously
 7. After the mixture has become homogenous, keep cooking the paste gathers at the center
 8. Plate lotus paste, cover and set aside to cool down.
 9. Recondition before use

** You can also buy store-bought lotus paste to save time.

Dough:

- 100g golden syrup
- 50g maltose
- 1/2 teaspoon lye water (kansui)
- 230g all-purpose flour
- Additional flour for dusting



1. Mix together in a medium bowl: golden syrup, maltose (use wet hands to handle maltose) and lye water
2. Add flour
3. Gently toss together until a shaggy dough forms
4. Knead until there are no bits of flour. (Do not over knead.)
5. Let dough sit covered in the refrigerator overnight

Egg Wash:

- 1 egg yolk
 - 1 teaspoon water
1. Separate egg yolk from white
 2. Add water
 3. Mix until fully incorporated
 4. Set aside
 5. Cover when not in use

Assembly:

1. Preheat oven to 375 degrees Fahrenheit
2. Line sheet pan with parchment or silicone mat and set aside
3. Crack and separate salted egg yolk and set aside
4. Weigh egg yolk and add enough lotus paste to reach a combined weight of 30g
5. Wrap the lotus paste around the egg yolk and form into a ball
6. Cut chilled dough into 20g pieces
7. Roll dough piece into a ball
8. Dusting your hands lightly with flour, flatten the dough ball into a 1.5 inch disk
9. Wrap the dough around the egg/lotus paste ball
10. Dip the final ball into flour and dust off any excess
11. Roll ball into an ovoid shape to fit into the 50g mooncake mold. (Do not dust or oil mold.)
12. Using the mold, press ball against a tray several times
13. Release mooncake from mold and place onto tray

Baking:

1. Using a spray bottle from a high distance, mist mooncakes with water lightly
2. Bake at 375 degrees Fahrenheit for 5 minutes and remove from oven
3. Reduce temperature to 330 degrees Fahrenheit
4. Apply egg wash to tops and sides
5. Return mooncakes to oven for an additional 5 minutes and remove from oven
6. Apply egg wash a final time, rotate tray and return to oven for 10-12 minutes
7. Remove from oven
8. Cool for 10 minutes and place on wire rack to finish cooling
9. When cool, place in airtight container and store for 2-3 days before eating